

USTA HIGH SCHOOL COACHES WORKSHOP

January 26, 2019

2:00 – 4:00pm CST

PANEL + ROUND TABLE

A.) Preseason & In Season P.T. **ERIC VOGES**

1. Before or after school > Generally after school but some use before school to change pace/keep interest
2. Trainer or Coach led > Generally coach led but many bring in a trainer especially for weight training
3. Time & Days allotted > Everyday for the first few weeks with concentration on aerobic/during season more sprints and footwork/anaerobic
4. Types/Description > work on mental training overcoming the feeling one cannot complete P.T. for one. The mind "shuts down" before the body.

B.) Utilizing "volunteers" (parents) **BUFFY BAKER**

1. Booster Club > Not many have these anymore
2. Fundraising > primarily done by the school or the coach
3. Transportation > *not covered*
4. Match snacks/drinks > Assign a parent to make a schedule (Sign Up Genius)
5. Year end banquet > most have and a parent(s) are assigned to put this together at beginning of season
6. Parents included to play/practice with players to assist coach
7. Utilize Alumni to assist with practice

C.) Selecting your lineup - challenge matches & Doubles pairings **BRANNON JONES**

1. Challenge Matches types/formats > 8 game Pro Sets, 2 out of 3 sets,
2. "Feel"> looking for chemistry, ability to communicate, move not necessarily pairing 1+2, 3+4 on ladder
3. Players consulted
4. Assess age and skill of players
5. reward effort vs, talent

D.) Scheduling **PHIL CHAMBERLAIN**

1. Dual matches vs. Tournaments > consensus was having a blend of tournaments & duals a good plan – Tournaments can often offer players 5 matches over a couple of days so they are very beneficial
2. Consensus that TSSAA restricts tennis play too much

E.) Practice ERIC VOGES

1. Block vs. Random – *not covered*
2. Situations – All spend time with drills that mimic play situations
3. Work on consistency/ keeping the ball in play
4. Practice split up A- Consistency, B- Serve & return, C- Doubles play/tactics, D—Singles play and tactics
5. Make practice FUN!!!
6. utilize combo drills & play (mix up boys & girls)
7. utilize videos and “Quiet time”
8. Employ 2 sessions : One session for beginners and One session for “players”

G.) Staying Motivated - Your Team & Yourself BUFFY BAKER

1. Preseason get together meal, putt-putt, court spruce up day, philanthropic project.....
2. Guest Speakers from other sports
3. Team mate of the week
4. Theme of the week/day I.e. hat day, funky Sock Day....
5. Go to Workshops
6. Network with other coaches
7. Go to college matches to watch with team
8. Team dinner nights (pizza night, meet at a restaurant etc.)
9. Court spruce up days
10. Team Philanthropic projects

Coaches – watch videos, read, get away by hiking, yoga, catch up with former players

H.)Types of Fundraising BRANNON JONES

1. Booster Club – none really have
2. Snap Raise > www.snap-raise.com/
3. Invitational Tournaments – MXD, USTA sanctioned,
4. Signage/Web presence > establish rates based on the number of impressions(views) utilize banners/signs at courts, presence on school/team website

5. Partner with local restaurant and be servers for lunch/dinner with team receiving tips
6. Bake sales
7. Hire team out to clean football stadiums
8. Work concession stands
9. Give a Clinic utilizing players
10. Approach Alumni to “sponsor” tennis balls, year end banquet, uniforms
11. Tennis Ball Uniform sponsor(s)

I.) Is it really the end of the Season - Ending on a High Note while setting the table for next season. PHIL

1. Year-end banquet
2. Senior Gift - Team Awards » Have team Autograph Promotional Giant tennis balls, Award overall Team Mate(s) of the year (consider one for the girls and one for the boys), Most Valuable (goes to the #1 player), Most Improved (consider one for the girls and one for the boys)
3. Sign up with NETGEN – lots of tools and platforms to assist with forming and running a team along with activities to encourage after season play.
4. “Friend” Tennessee Coaches fb page – Brian Rohr/ Cookeville has set up
5. Road trip to the TSSAA State Tourney with team
6. Rally Cats
7. Jr. Team Tennis
8. Tennis Link - tournaments
9. Camps

