Creating Access for Wheelchair Tennis in Your Community

Monday, April 20 at 3:00 – 4:30 PM EDT

Presenters:
Jason Harnett, Paul Walker, Mark Lerman, Dana Mathewson, Jen Edmonson and Johnny Parkes
Martin Blackman
General Manager
USTA Player Development
Johnny Parkes
Senior Manager of Player Identification and Development
USTA Player Development
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<td>Johnny Parkes</td>
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<td>Jason Harnett</td>
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<td>Teaching and Coaching</td>
<td>Paul Walker</td>
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<td>What It Takes to be a</td>
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<td>Johnny Parkes</td>
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We Value Your Input

Submit your questions throughout the webinar by typing in the Q&A pod. We’ll answer them either:

- During the Q&A in the last 30 minutes of today’s presentation, OR
- You can always send us an email at TeamUSA@usta.com
Jason Harnett
National Manager and Head Coach of Wheelchair Tennis
USTA Player Development
Wheelchair Tennis
History

1976
Sport founded

1985
World Team Cup started

1992
1st Paralympic Games

1998
USTA absorbs WC tennis

2005
Australian Open 1st Grand Slam

2019
USTA PD and USOPC
Programming & Accessibility

• Changing the **culture** of your club and community through programming

• Coaching Opportunities
Integration & Pathway

Pathway from grassroots to Paralympics

Inclusion

Rules
Wheelchair Tennis Resources

Compete Like a Champion Podcast:
The Journey to High Performance Wheelchair Tennis

The LAB webinar: Introduction to Wheelchair Tennis
Paul Walker
USTA National Coach,
Wheelchair Tennis
First a Teacher, Second a Coach
Teaching and Coaching isn’t all that different
Resources

Improve Your Game videos: Wheelchair Tennis

- The Set-up
- Mobility
- Progressions
- Serving
- Singles Tactics
- Doubles Tactics

Wheelchair Tennis Explained

- Grip
- Volleys
- Inverted Backhand
Mark Lerman
Mental Skills Coach
USTA Player Development

Dana Mathewson
Current Professional
Wheelchair Tennis Athlete
ITF Singles Ranking 11
Athletes
Fundamental Skills
Wheelchair athletes are ATHLETES and human beings.

The skills (tennis technique, mental training, S & C) can be taught in the same or similar ways.

Research in your town/community (wheelchair culture, resources, activities, etc.)
Resources

Wheelchair Tennis Warm-Up Exercises
• Dartfish.tv/USTA

7 Core Values of a Successful Competitor: Determination
• featuring Mackenzie Soldan

The Ride Series
• featuring Dana Mathewson, David Wagner and KG Montjane
Jen Edmonson
Cajun Classic Tournament Director
and USTA National Wheelchair Tennis Committee, Chair
<table>
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<tr>
<th>Year</th>
<th>Event/Development</th>
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<tr>
<td>1989</td>
<td>Inaugural Cajun Classic (6 players)</td>
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<tr>
<td>1994</td>
<td>Volunteered 1st Time (20 players)</td>
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<tr>
<td>1997</td>
<td>ITF Sanctioned</td>
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<tr>
<td>2007</td>
<td>1st Year as Tournament Director (95 players)</td>
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<tr>
<td>2016</td>
<td>Largest draw (134 players)</td>
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<tr>
<td>2018</td>
<td>ITF Super Series</td>
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<tr>
<td>2020</td>
<td>152 players</td>
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**Cajun Classic History**
How to Engage the Community

Sponsors
- Government, industry, healthcare, restaurants

Volunteers
- Tennis community, schools
## Where to Start

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<th>Engage Juniors</th>
<th>Host exhibitions and Clinics</th>
<th>Partners</th>
</tr>
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<tr>
<td>• Net Gen, High School players, Collegiate,</td>
<td>• Juniors, adult beginners, veterans</td>
<td>• Rehab clinics/hospitals, veterans’ organizations, schools, USTA - CTAs, TSRs, District, Section, National</td>
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[USTA Player Development Logo]
Resources

Net Generation Curricula:
red, orange and green ball
Next Week Sneak Peek
The Role Parents Play in their Children's Tennis Experience

 Speakers

• Lori Riffice, USTA National Coach
• Lynn, Caty and John McNally, Tennis family
• Dr. Larry Lauer, Mental Skills Specialist
• Dr. Paul Lubbers, Coaching Education and Sport Science

 Resources

• Unforced Errors of Tennis Parents with Lori Riffice (podcast episode)
Tennis Industry United

The entire tennis industry has come together to analyze the most pressing needs and the top concerns of all involved in our sport, and then collaborate on programs that can provide the immediate and longer-term support that is needed.

https://www.usta.com/en/home/organize/program-resources/national/tennis-industry-united.html
Website

www.playerdevelopment.usta.com
Training at Home BINGO

<table>
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<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
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<tr>
<td>TENNIS</td>
<td>MENTAL</td>
<td>MOVEMENT</td>
<td>NUTRITION</td>
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<td>Review or create a developmental plan</td>
<td>Wake up at the same time, fix this week, to create normality and routine in an uncomfortable situation</td>
<td>Try an online Yoga class</td>
<td>Practice mindful eating 3x a day</td>
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<td>Watch a match video of a player who plays the style of tennis you would like to play</td>
<td>List 3 things you’re grateful for at least 4x this week</td>
<td>Do at least 3 bodyweight exercises this week</td>
<td>Drink at least 64 fl oz of water every day</td>
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Questions?

If you have any additional questions, feel free to contact us via email at

TeamUSA@usta.com
THANK YOU!