Last October, former world No. 1 and longtime Davis Cup stalwart Jim Courier was named the 40th captain in U.S. Davis Cup history, succeeding Patrick McEnroe. During his Hall-of-Fame playing career, Courier twice won the Australian Open and was also a two-time champion at Roland Garros. In addition, he reached the US Open singles final in 1991 and was a Wimbledon finalist in 1993. Long recognized as one of this sport’s fiercest competitors, Courier always thrived in Davis Cup competition. He was a member of the U.S. Davis Cup team for seven years, and played a key role in the U.S. winning the Davis Cup in 1992 and 1995. All told, Courier played 26 singles matches for the U.S., which is ninth all-time in U.S. Davis Cup history, and, not coincidentally, the U.S. was 13-1 when Courier was part of the team. Following his playing career, Courier served as U.S. Davis Cup coach under McEnroe for three years, from 2001 to 2003.

Courier made his debut in the captain’s chair a successful one, guiding the U.S. to a first-round victory over Chile in March. That win sent the U.S. team on to a quarterfinal meeting with Spain, which will be played on U.S. soil July 8–10. Shortly after his winning debut, the new captain shared his thoughts on a range of topics, including his approach to the job, the players who figure to comprise the U.S. team now and in the future, the challenges of Davis Cup competition, and more.

Q Congratulations on a winning debut. It must be a nice feeling to get the first one under your belt.
Thank you. Yes, it’s good to get that first one in.

Q Talk a little bit about what that experience was like, sitting in that captain’s chair for the first time.
Well, there are very few things in tennis that I get to do for the first time anymore, so it was really exciting for me to be out there with these guys as the captain and fit into their world, because they’re a pretty established group as a team. John [Isner] may be something of a newcomer, but Bob and Mike [Bryan] and Andy [Roddick] are most definitely veterans and all the USTA staff around us are veterans, too. So I was something of the outsider coming in, but it was a pretty smooth transition.

Q Davis Cup was always such an important part of your playing career, what was it like for you to get the call back in October telling you that you would be captain?
It’s a great honor to be named captain, so obviously I was thrilled. I’m privileged to be able to step into the very worthy shoes of my predecessor, Patrick McEnroe, who did a terrific job for the team in his ten-year tenure and laid a great groundwork for the way the team works together and the camaraderie they’ve shown. That will be one of my main goals, is to maintain that same energy that Patrick has created around the team.

Q What made you interested in the position?
I knew even in my years playing that if I were given the opportunity to be the Davis Cup captain that I would want to do it. It’s something that I’ve thought a lot about over the years. In an individual sport, Davis Cup is that rare time when you get to be on a team. For me, some of the most special moments in Davis Cup were the days preceding the matches when you spent time with your teammates training, eating, playing cards together, just bonding. Those are really special moments that we rarely experience in our sport. So that’s one of the big attractions for me; getting to have those experiences again with our current group of players and our incoming group of players.

Q Take us through your time in Chile with the guys. Was there a feeling-out process or did things click quickly?
It was an exciting week. I really enjoyed the practice with the guys and helping to get them ready and make sure they had everything they needed. Of course, stepping into
the heat of battle with someone presents a big learning curve for everyone—myself and all of the guys—but they were great and they were all focused on the task at hand. That makes my job a bit easier.

**Q** You mention the learning curve. For a guy like yourself with so much Davis Cup experience, do you feel you’re still learning?

There are different challenges as a captain. You don’t want to get in the way of your players and disrupt them with what they’re used to doing, because like all tennis players, they are use to playing by themselves out there. So I had to figure out how to handle myself and how to help manage them and give them insight without getting in their way. That is a learning experience, but I feel like I did okay at that.

**Q** Talk about the dynamics of your team. How would you compare their camaraderie and commitment to Davis Cup to some of the great teams that you were a part of?

I’d say it’s probably a lot better than any team that I’d ever been part of. We certainly had some good teams, but we just didn’t quite have that clique in my time. There were so many outsized egos, myself included, that it was difficult for us to blend together when we’d been out there trying to eat each other’s lunch for weeks. These guys are pretty special. They’ve somehow managed to get past that and have really formed a strong bond. Of course, there’s also been a level of consistency with this team that has allowed that to happen. We never had that in my era, so it’s not exactly an apples to apples comparison.

**Q** What impresses you most about these guys?

Well, I think first and foremost it’s their “team first” attitude. These guys want to win and they’re all in it together and they’re willing to do whatever it takes. That’s impressive in an individual sport. Davis Cup comes once a quarter and to get back into that team mentality isn’t always the easiest thing to do, but I think our guys have that all year long—and that’s pretty special. They love to compete, they love to get out there and mix it up and they know inherently that these are important moments in their careers and they don’t want to miss out on them.

**Q** How huge is it to have that kind of total commitment from your guys?

It’s pretty special. That was one of the great challenges for the captains that I played for—just trying to get players to commit. The challenge that I’m facing—my biggest challenge in many ways—is keeping everyone engaged in the team while everyone realizes that only four players can participate at any given time. That’s really a high-class problem to have, when you have more players wanting to play than there are spots.

**Q** I know that Andy committed early on to you for the 2011 campaign and he again was great in Chile, winning two big points there. It seems no matter how he’s playing elsewhere, he’s always at his best in Davis Cup. How do you explain that?

Andy is such a great competitor in everything he does. He clearly loves the challenge of Davis Cup and always rises to that challenge. When you look at his record of closing matches out when he gets the opportunity, it’s flawless. And it’s more impressive when you take into consideration that it’s usually against the best player from the other team. Andy is a Davis Cup warrior.

**Q** It must be equally nice to have such a sure thing with your doubles team.

Ever since they joined the team, Bob and Mike have been pretty much a lock for that third point on the weekend. That’s a huge advantage for us. Oftentimes they don’t even face the best teams from the other squad, because the other team knows that they’re just wasting their players’ energy to try to beat Bob and Mike—they’d rather save them for the singles. It’s a very powerful weapon to have Bob and Mike on your team.

**Q** I know before you took this job, you toured around the country and met with a lot of the players—including some of the younger guys. Can you tell me which of the younger players has most impressed you?

Well, to be honest, I’m really just peeking my head under the hood as far as most of our younger players go. I’ve been watching them from a distance, just to keep my hand in the game and to be aware for when I pop in and do my TV work.
The guys I’m probably most familiar with among the up-and-comers, if you will, would be Donald Young and Ryan Harrison. Donald just scored a great win at Indian Wells, beating Andy Murray. I think he still has great promise if he continues to do the right thing and maximize his ability. I still have no doubt that he could be a successful tour player. I’ve spent a little bit of time with Ryan and seen him in a few different tournaments and he’s impressed me with his interest and aptitude for tennis. It’s obvious that he wants it badly. I think eventually he’ll maximize his talent and we’ll find out what that is. He certainly has the physical tools, the question is how the mind will hold up as he gets closer to the sun. And you can never tell that about a player until he gets there.

Q Who did you take to Chile with you as practice partners?

We had two. We had Jordan Cox, a 20-year-old pro who plays out of Bollettieri’s, and we had Michael Shabaz, who’s 22 and a senior at the University of Virginia. He’s probably the best college player in the country right now.

They’re good guys and they fit in well. These experiences are invaluable for young players, because they get to come in and see how the big boys prepare for battle and I think it’s a real eye-opener for them. I think it motivates them and it’s a real learning experience. Hopefully it’s something that can help them understand what it will take to realize greater success in their careers. There’s been a long history of that. For the most part, all of us who’ve played Davis Cup have been a practice partner at one time or another. It’s a remarkable learning experience.

Q Are there any lessons you learned from your Davis Cup captains that have stuck with you that you tried to impart to your team?

I think I’m just more focused on being myself out there. Gully (Tom Gullikson) and Gore (Tom Gorman) were my two captains and they had their own personalities and did it their way. They were both great captains to play for but I can’t be them and I can’t be Patrick or anybody else but me. I just have to find my own way and make sure that the players are comfortable that if I’m giving them information, it’s the right information. There has to be a level of trust there, and I think you can only build that through time.

Q What do you see as the most important leadership quality in this position?

I think it’s confidence. The team needs to know that you have confidence in them and that you believe in them. Motivation comes to people in different ways, and honestly, I don’t think you have to motivate the players who are playing Davis Cup for the U.S. You might just need to harness their energy so that they’re not overly excited.

This is going to be an interesting time for me as I get to better understand these players and how they operate. It’s going to be important for me to integrate with their coaches and get closer with them as well. But I’m pretty confident that I should have the respect of the players, because they know that I’ve been there. They know that I’ve walked in their shoes and I hope they’ll get the sense very quickly that it’s about them and not about me. This is a “team first” environment, and my role is to help them be the best they can be.

“When you look at Andy’s record of closing matches out when he gets the opportunity, it’s flawless. And more impressive when you take into consideration that it’s usually against the best player from the other team.”
Are Our Players Tough Enough?
by José Higueras, Director of Coaching; Ola Malmqvist, Head of Women’s Tennis; and Jay Berger, Head of Men’s Tennis

What does it take to be a successful high performance player? It takes a unique individual, with the right environment to reach the highest levels of professional tennis. One comment that is discussed throughout the country at coaching courses and seminars is “Are our players tough enough?”

This is an important question and something that needs to be evaluated daily by each coach working with high performance players. Although numerous components go into a player’s success, here are five key areas that all players need to be developing on a daily basis. If you (as a high performance coach) are focusing each day on these five areas, keep up the great work. If you can do more to improve the daily environment for your players, now is a great time to start focusing on improving the situation to help your players reach their full potential.

TOUGHNESS
The word toughness is thrown around a lot by coaches and parents, but it means many different things to different people. We use the word based on the literal dictionary definition, “able to withstand great strain without tearing or breaking; strong and resilient.” Difficult or challenging scenarios are when tough athletes raise their level and work harder and compete better. Tough scenarios are seen as opportunities for improvement. Unfortunately, many junior players, partly due to their environment (coaches/parents) are not stressed enough in these tough situations to help the players adapt and feel comfortable in these challenging environments. We cannot expect these young kids to be successful in tough environments if they are not constantly exposed to these scenarios and provided the tools needed to successfully overcome these situations.

COMPETITIVENESS
Everyone that makes it in professional tennis has a strong competitive desire to succeed. They love to compete in everything and are motivated and excited about tough environments and look forward to the challenge of competing. In the junior game we see a lot of players who are not comfortable competing. We as coaches all need to encourage competition and have our players practice as much as possible with other good players in the area and also enter our players in tournaments at their level, so they compete against their peers. Although it is good to have players compete against older more experienced players at some points throughout the year, it is also very important to have them play in their own age group and compete against their rivals as much as possible. It is also important for players to play down a level as well. They need to experience all different types of competition and learn to win against a wide range of competition levels.

PROBLEM-SOLVING SKILLS
All great players are outstanding problem solvers. They understand their strengths (and areas that are not as strong) while structuring their environment to be successful based upon the resources they have to work with. During training, they work on developing their weaker areas, while also improving their strength, to ensure that their game is as complete as possible. Improving on a player’s ability to problem-solve will help them win more matches and fight through tough scenarios on-court. Most close matches are won by players who are better problem-solvers and can pick the right moments to attack, defend, change pace, etc.

FITNESS
Fitness is such an easy component to improve. All it takes is daily, consistent effort and your players will get fitter. Unfortunately, many junior players throughout the country are not fit enough to train at the highest intensity for a full practice. If a player is not fit enough to train at full intensity for an entire practice, they are limited in how much they can improve. Also, if fitness is a limiting factor in matches, this also influences mental skills, coping skills and the ability to effectively compete. We as coaches need to stress the important of tennis specific fitness (strength, power, speed, endurance and flexibility) and need to instill this in all the high performance players we work with.

GREAT FUNDAMENTALS (STROKES, MOVEMENT, AND STRATEGY)
Unfortunately, many good junior players do not have sound fundamentals. These fundamentals are not only the basics of grips and swing paths, but it is the way they move to the ball, how they recognize the ball their opponent hits to them, their understanding of court position, their knowledge of the geometry and their anticipation and/or reaction to balls. The coach is responsible for ensuring that their players have these fundamental skills trained and trained in a way that the players have the ability to produce the correct decisions during important periods during matches. This is a trained skill and with the correct work and environment, all players should be able to be successful in the fundamentals of tennis. Unfortunately watching junior players throughout the country, very few are well trained in this area. More emphasis needs to be placed on this component in every practice session.
Fearsome Forehands
by Mark Kovacs, PhD., Senior Manager, Strength and Conditioning/Sport Science/Coaching Education; and David Ramos, MA, Coordinator, Coaching Education and Sport Science

Footwork and Movement Patterns of Three Run-Around Forehands

When you look at the defining strokes in the men’s game, one element that many of the top players possess is a weapon on the forehand side. All six of the men’s Grand Slam finalists in 2010—Nadal, Federer, Djokovic, Murray, Soderling and Berdych—use their forehands to dictate play, hit winners and force errors from opponents. The run-around forehand in particular allows players to hit forehands the majority of the time giving them the ability to create angles and positions on the court that are not possible when hitting backhands from the same place.

In this photo sequence, we analyze Rafael Nadal hitting the left-handed, run-around forehand from three different zones of the court. Each zone is labeled in the diagram below.

In **Series A**, Nadal covers the greatest distance to run around his backhand, and completes the stroke with both of his feet wide of the singles sideline.

In **Series B**, Nadal moves to the outside third of the singles court, and then is able to step inside the court.

In **Series C**, Nadal covers the least amount of ground, and makes contact in the center third of the court.
Let’s review the 3 different series with a specific focus on the movement patterns of each sequence.

In PHOTO 1 of all three of Nadal’s run-around forehand sequences, we see him shifting his weight onto his right foot in preparation for the first crossunder (also described as the cross behind) move with his left leg. Notice that his court position in sequence A is several feet behind the baseline while he is in nearly identical positions on the baseline in sequences B and C.

In PHOTO 2 of Series A, B, and C, we begin to see a difference in Nadal’s movement based on the difference in the amount of court he has to cover. In all three photos, Nadal is completing his first crossunder move where his left foot crosses behind his right leg. The crossunder allows Nadal to move quickly to his right, while keeping his hips and shoulders square to the baseline. Note the size of the crossunder is much greater in series A when compared to series B and C. This crossunder move is utilized in many of Nadal’s run-around forehands. However, other players sometimes employ different footwork patterns when performing the same stroke.

In PHOTO 3 of Series A and B, Nadal has completed his crossunder move and extended his right leg to a wide base several feet before the ball is about to bounce. Observe that his right hand is on the throat of the racket and is assisting in the initiation of the unit turn. In Series C, we see that because Nadal is only moving a short distance, he has performed a second small shuffle in preparation to transfer his weight into the shot instead of the wide base needed in A and B.

In PHOTO 4, all three series feature different phases of the stroke. In Series A, Nadal has just completed his second large crossunder and is nearing the singles sideline. In Series B, he has just completed a second small crossunder and is taking ground (moving closer to the net) to push his opponent into a more defensive scenario. Finally, in Series C, Nadal has taken a few small adjustment steps to find his base and is about to step onto his right foot to begin the loading phase. In each series, we observe that he has completed the unit turn and within a few photo frames he will begin the loading phase of the stroke. At this point Nadal can make small adjustments as the ball rises from the bounce prior to committing to the loading position.

In PHOTO 5 of Series A, B, and C, Nadal is in the loading position with the tip of the racquet slightly above his hand and his weight evenly balanced between both legs. In series A and C, he is using semi-open stances as the incoming ball has landed fairly deep between the service line and baseline. The semi-open stance is a versatile stance using both linear and angular momentum giving Nadal the option to generate tremendous spin and pace or absorb an offensive shot from the opponent. In series B, he is choosing more of an open stance.

In PHOTO 6 of all three series, Nadal has uncoiled from the loading position releasing the energy that was stored during the loading position via the transfer from the ground through the kinetic chain (legs, core and upper body). His left arm is extended at contact and is out in front of his body while his right arm is tucked in. He is well-balanced during this phase of the stroke which is something that many less accomplished players struggle to maintain. Nadal has chosen to hit the ball in series A inside-out (his backhand corner to his right-handed opponents forehand corner) and inside-in (his backhand corner to his right handed opponents backhand corner) in series B and C. Since most players have stronger forehands than backhands, right-handed players generally tend to hit run-around forehands inside-out (from their backhand corner to the opponent’s backhand side) from zones A and B, until they get a ball that they can attack with an inside-in shot. Since Nadal is left-handed, he has the opportunity to attack right-handed opponent’s backhands with inside-in shots against more frequently.

In PHOTO 7 of Series A and C, Nadal has completed his follow through and is ideal position to recover for the next shot. Examine how his feet are nearly a perfect 180 degrees of rotation from the loading position clearly illustrating how well he uses the kinetic chain and effectively rotates to create the stroke. In Series B, he has propelled himself off the ground and into the court to finish the point at the net.
High Performance Coaching
Vol. 12, No. 1

USTA Player Development Update
Structure of USTA Player Development
by Tom Jacobs, Managing Director, Administration and Business Affairs

Under the leadership of Patrick McEnroe, General Manager for USTA Player Development, we continue to employ an integrated approach to everything we do in Player Development—both on and off the court. This not only encompasses what we’re doing on the court under the leadership of Patrick, José Higueras (Director of Coaching), Jay Berger (Head of Men’s Tennis) and Ola Malmqvist (Head of Women’s Tennis), but also brings together off-court activities, such as the administration of our Training Center Programs in Boca Raton, Florida (under the leadership of Elke Juul), Carson, California (under the leadership of John Lansville) and Flushing, New York (under the leadership of Joe Ceriello), Coaching Education (under the leadership of Martin Blackman and Mark Kovacs), Strength and Conditioning/Sport Science (under the leadership of Martin Blackman and Satoshi Ochi), Talent Identification and Development (under the leadership of Martin Blackman) and Junior & Collegiate Competition (under the leadership of Lew Brewer and Erica Perkins). John Lansville also coordinates Player Services. It should also be noted that programming began in January 2010 at the USTA Training Center East at the USTA Billie Jean King National Tennis Center in Flushing, New York. This adds to the programming already in existence at the USTA Training Center West in Carson, California and at the USTA Training Center Headquarters in Boca Raton, Florida.

Teaching and Coaching Philosophy

The USTA Player Development Teaching and Coaching Philosophy is based on teaching and developing a player’s fundamental skills, enabling him or her to play the most complete game possible. We believe that successful players never stop learning skills and developing their game.

We follow five principles in executing this philosophy:

1. Teaching tennis takes time, discipline and tremendous patience from the trainer and the player.
2. Everything that is taught must follow ordered progressions based on the fact that the game of tennis is played first with the mind, second with the feet, and third with the hands. In teaching the game, the progressions should be taught in the opposite order: “hands first, feet second, and mind third”.
3. All teaching must be done carefully within the parameters of proper technique and appropriate progressions, from the onset of training.
4. Practices must be planned with a clear goal in mind and executed using the progressions needed to achieve the goal. The trainer should always let the player know what the goal of the practice is and what he or she should be focusing on.
5. Great players are great problem solvers. Our juniors need to learn to think for themselves in order to become problem-solvers on the court. The trainer should encourage the players to think for themselves without dependency on others. Thus, the trainer’s job is to show the player the correct path to follow.

To develop world-class American players through a clearly-defined training structure and competitive pathway, as well as through the implementation of a comprehensive coaching philosophy and structure.

The Player Development Mission Statement
New Coaches and Leadership Roles at USTAPD
José, Jay and Ola work with Patrick to establish an overall strategic approach to best identify and develop world-class American players.

Lead National Coaches, Men’s and Women’s Tennis:
Ricardo Acuna and Michael Sell
Men’s Tennis, Boca Raton
Tom Gullikson*, Adam Peterson* and Kathy Rinaldi*  
Women’s Tennis, Boca Raton
Diego Moyano*,  
Men’s and Women’s Tennis, Boca Raton
Leo Azevedo*  
Men’s and Women’s Tennis, Carson
Jorge Todero*  
Men’s and Women’s Tennis, New York
* New leadership roles within the past year

Hires to the USTA Coaching Staff within the past year:
Sylvain Guichard, National Coach  
Women’s Tennis, Boca Raton
Federico “Freddie” Rodriguez, National Coach  
Women’s Tennis, Boca Raton
Andy Brandi, National Coach  
Men’s Tennis, Boca Raton
Jorge Todero, Lead National Coach  
Men’s and Women’s Tennis, New York
Marc Lucero, USTA Coach  
Women’s Tennis, Carson
Nicolas Todero, National Coach  
Men’s Tennis, Boca Raton
Dustin Taylor, National Coach  
Men’s Tennis, Boca Raton
Diego Moyano, Lead National Coach  
Men’s and Women’s Tennis, Boca Raton

USTA Certified Regional Training Centers (RTC’s)
Under the leadership of Martin Blackman, Senior Director of Talent ID and Development, and Geoff Russell, Manager of Talent ID and Development, USTAPD continues to implement and expand the network of USTA Certified Regional Training Centers (RTC’s). We are partnering with USTA Sections and existing programs that have a proven track record of developing junior players. The support from the USTA includes a grant to support the programs’ high performance programming and to host six regional camps on an annual basis for boys and girls ages 8 to 13. The goal is to create a network of RTC’s that facilitate a network of coaches, as well as programs to train a continuous wave of 8 to 13 year olds in alignment with the USTAPD Teaching and Coaching Philosophy.

So far, the following USTAPD Certified Regional Training Centers have been named:
- Mid-Atlantic Section  
  Junior Tennis Champions Center, College Park, MD
- Southern Section  
  Racquet Club of the South, Norcross, GA
- Texas Section  
  Austin Tennis Academy, Austin, TX  
  John Newcombe Tennis Ranch, New Braunfels, TX  
  TBarM Racquet Club, Dallas, TX
- Midwest Section  
  Care Academy, Libertyville, IL and Lincolnshire, IL  
  Midtown Tennis Club, Chicago, IL  
  Score Tennis and Fitness Club, Countryside, IL
- Northern California Section  
  Eagle Fustar Tennis, Los Gatos, CA  
  California Tennis Club, San Francisco, CA
- Intermountain Section  
  Darling Tennis Center, Las Vegas, NV
- Missouri Valley Section  
  Overland Park Racquet Club Academy, Overland Park, KS  
  Kansas City United Tennis, Inc., Kansas City, MO  
  Tucker Tennis Academy at The Grand Health and Racquet Club, Tulsa, OK
- Northeast Corridor (includes New England, Eastern, and Middle States Sections)  
  Arthur Ashe Youth Tennis and Education, Inc., Philadelphia, PA  
  Weymouth Club, Inc., Weymouth, MA  
  Manchester Athletic Club/MAC Tennis Academy, Manchester, MA  
  Centercourt Athletic Club, Chatham, NJ  
  CourtSense at Bogota Racquet Club, Bogota, NJ

RTC’s also will be announced in Pacific Northwest Section and Northern Section prior to the end of 2011, with programming to begin in those sections in 2012. For 2011, we expect to conduct between 50 and 55 RTC Camps.
Coaching Education

We will conduct four basic types of workshops in 2011:

HIGH PERFORMANCE COACHING PROGRAMS
We will be conducting three of these symposiums in 2011: Carson, CA (February 25–27); Philadelphia, PA (May 12–14); and Memphis, TN (October 20–22).

HIGH PERFORMANCE CONTINUING EDUCATION PROGRAMS
We will be conducting four of these workshops in 2011: Hilton Head, SC at the PTR International Symposium (February 18); Davis Cup in Austin, TX (July 8–10); New York at the US Open (September 3–5); and Wesley Chapel, FL at the USPTA World Conference (September 19).

USTAPD HIGH PERFORMANCE WORKSHOPS
(with a half-day devoted to 10 and Under Tennis)
We will conduct eleven of these one-day workshops in 2011, with sites and dates to be announced soon.

COACHING SUMMITS
These are conducted prior to starting our RTC initiative in a specific section. We try to bring in the top coaches from the section to spend a day going through the USTA Teaching and Coaching Philosophy with Jose Higueras and Martin Blackman. We have three of these summits scheduled for 2011: Missouri Valley Section, the three sections that comprise the Northeast initiative (New England, Eastern and Middle States) and the Florida Section.

All of these programs will provide an opportunity to disseminate the USTAPD Teaching and Coaching Philosophy and to engage in meaningful dialogue and an exchange of ideas with top coaches across the country.

Junior and Collegiate Competition

On the collegiate side, we continue to provide resources that strengthen our commitment to collegiate varsity tennis and the important role it plays in the Player Development Pathway. Most notably, this past year, a three-year agreement was executed between USTAPD and the Intercollegiate Tennis Association (ITA) for USTAPD to serve as the sponsor for the ITA Regional Championships, the National Small College Championships, the National Intercollegiate Wheelchair Championships and the National Intercollegiate Indoor Championships, which USTAPD hosted at the USTA Billie Jean King National Tennis Center this past November.

Additionally, USTAPD continues to work with some of the top American collegiate players through the USTA Collegiate Team, as well as with top collegiate coaches, whom we hosted at a coaching workshop at the USTA Training Center Headquarters last June.

On the Junior Competition side, the most significant change that is coming has to do with 10 and Under Tennis. In September, the USTA unanimously passed new regulations governing competition for 10 and under players. These changes go into effect nationwide in 2012, and will fundamentally change the future landscape of American tennis. As most of you probably know, the new rule requires that 10 and Under tournaments be played using elements of the QuickStart Tennis Play Format, including smaller courts, slower-moving/bouncing balls, and lighter racquets. For more information, please visit 10andUnderTennis.com.

Website

We encourage you to visit the Player Development section on the USTA web site, www.usta.com. Up-to-date information is provided for each of our departments: Coaching Education, College Tennis, Junior Competition, Player Services, Sport Science, Talent ID, USTAPD Training Centers, etc.

We hope you enjoy this latest edition of the USTA High Performance Coaching Newsletter. Please do not hesitate to contact anyone on the staff at USTA Player Development with any ideas, suggestions, questions, or concerns.
USTA High Performance Coaching Program

2011 COURSE SCHEDULE

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<tr>
<th>EVENT</th>
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<tr>
<td>Davis Cup</td>
<td>Austin, TX</td>
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<td>US Open</td>
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<td>USPTA World Conference</td>
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<tr>
<td>High Performance Coaching Program</td>
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Additional information on these programs is available by contacting our Coaching Education department at 561-962-6400 or e-mailing us at coaching@usta.com.