

## AGENDA

SATURDAY, December 10

	Injury Prevention	Performance
9:00-9:50am	<p style="text-align: center;">KEYNOTE</p> <p><b>Title:</b> Biomechanics of Strokes and Movement <b>Speaker:</b> Mark Kovacs, PhD, CSCS</p>	
10:00-10:50am	<p><b>Title:</b> The Shoulder in the Tennis Player: Clinical Evaluation and Exercise Prescription <b>Speaker:</b> W. Ben Kibler, MD</p>	
11:00-11:50am	<p><b>Title:</b> The Elbow in the Tennis Player: Clinical Evaluation and Exercise Prescription <b>Speaker:</b> David Dines, MD</p>	<p><b>Title:</b> Speed and Movement Training For Explosive Acceleration: The Best Drills and Exercises to Improve Performance <b>Speaker:</b> Loren Seagrave</p>
12:00-1:00pm	<p style="text-align: center;">LUNCH</p>	
1:00-1:50pm	<p><b>Title:</b> Sacroiliac Issues in the Tennis Player <b>Speaker:</b> Liz Chaffin, DPT, ATC</p>	<p><b>Title:</b> Metabolic Conditioning and Tennis Specific Endurance Training <b>Speaker:</b> Rory Cordial, DPT, CSCS</p>
2:00-2:50pm	<p><b>Title:</b> Growth &amp; Development Issues in Young Tennis Athletes <b>Speaker:</b> David Westerdahl, MD</p>	<p><b>Title:</b> Pre &amp; Post Match Routines <b>Speaker:</b> USTA Player Development Staff</p>
3:00-3:50pm	<p style="text-align: center;">KEYNOTE</p> <p><b>Title:</b> Overtraining: Causes, Recognition and Prevention <b>Speaker:</b> Randy Wilber, PhD, FACSM</p>	
4:00-5:00pm	<p style="text-align: center;">Networking Session</p>	



## AGENDA

SUNDAY, December 11

	Injury Prevention	Performance
8:00-8:50am	<p style="text-align: center;">KEYNOTE</p> <p><b>Title:</b> The Physical Aspects of Competitive Tennis: A Professional Coach's Perspective</p> <p style="text-align: right;"><b>Speaker:</b> Craig Boynton</p>	
9:00-9:50am	<p><b>Title:</b> Junior Tennis Injuries: A Review and Discussion</p> <p style="text-align: center;"><b>Speaker:</b> Neeru Jayanthi, MD</p>	<p><b>Title:</b> Training on The Road: A Perspective from Over 25 Years Training Professional Tennis Players</p> <p style="text-align: center;"><b>Speaker:</b> Pat Etcheberry</p>
10:00-10:50am	<p><b>Title:</b> The Lower Extremity in the Tennis Player: Clinical Evaluation and Exercise Prescription</p> <p style="text-align: center;"><b>Speaker:</b> Josh Dines, MD</p>	<p><b>Title:</b> From the Court: An Interactive Panel Discussion Focused on Resistance Training for Tennis</p> <p style="text-align: center;"><b>Speaker:</b> USTA Player Development Staff</p>
11:00-12:00pm	LUNCH	
12:00-12:50pm	<p><b>Title:</b> General Medical Observations from The US Open: The Importance of Nutrition and Hydration</p> <p style="text-align: center;"><b>Speaker:</b> Michael Yorio, MD</p>	<p><b>Title:</b> Analysis of Tennis Movement</p> <p style="text-align: center;"><b>Speaker:</b> Mark Kovacs, PhD, CSCS</p>
1:00-1:50pm	<p><b>Title:</b> Taping Techniques used in Professional Tennis</p> <p style="text-align: center;"><b>Speaker:</b> Kathleen Stroia, MS, PT, ATC</p>	
2:00-3:00pm	<p style="text-align: center;">KEYNOTE</p> <p><b>Title:</b> Lessons Learned from the US Open: From Courtside to Locker Room to Bridge Building</p> <p style="text-align: right;"><b>Speaker:</b> Brian Hainline, MD</p>	

