

The Newsletter for Tennis Coaches

High-Performance Coaching

Key Principles for Improved Doubles Play

Adapted from the USTA High Performance Study Guide

Most coaches agree that doubles play is an important component to the overall development of a player. We couldn't agree more! Doubles provides unending opportunities for players to use and develop technical, tactical and movement related skills often missed when only practicing and playing singles. Following are a few of the benefits of doubles play for the junior players you coach:

- improves the development of an all-court game;
- provides an opportunity to develop serve and volley skills;
- provides players with opportunities to execute shots not often hit in singles play (lobs, volleys, overheads, targeted returns);
- encourages social interaction, teamwork and tactical problem solving;
- develops motor skills related to quickness and improved reflexes;
- increases opportunities to compete in match conditions; and
- doubles is fun!

Yes, doubles is a fun and great way to help the juniors you coach improve their game and develop skills that will serve them well on the singles court. The following pages will provide information that we feel are key principles essential for success on the court. We will focus on three areas: court positioning and formations for serving and returning teams; teamwork and on-court communication skills; and elements of movement.

Player Positioning

Each of the players in a doubles match should be positioned for best advantage. The placement will depend on the player's role on the serving or the returning team, and several options are available in different game situations. The offensive and defensive situations also will help determine the best possible positioning for each player.

Positioning for Serving Team

The server and the server's partner should take the following positions:

- **Server.** The server should stand approximately midway between the center of the court and the doubles sideline. Positioning may also be based on the server's personal preferences and technical strengths, as well as the game tactics. For example, a right-handed server who is serving to the deuce court may want to stand closer to the center mark, which allows the server a better angle to serve to the center "T."



Rajeev Ram finishes his serve while fellow American Brian Baker prepares for the return in the first round of the 2005 US Open men's doubles play.

- **Server's partner.** The server's partner should stand slightly behind the midway point between the net and the service line, and should push slightly toward the center. Again, positioning may be adjusted depending on the player's strengths and the tactics being used. This position is a starting point rather than the place where the player will remain throughout the point. The positioning is dynamic, and the player should make ongoing adjustments.

Following are three common options for the serving team:

- **Standard.** One up, one back is the typical starting position for most doubles teams. From this position, the server typically moves forward for serve-and-volley tactics with the intention of gaining control of the net.

continued on page 4

In This Issue

Dear Coach	2
USTA Player Development News	3
Principles and Movement for Doubles	5
New on the USTA High Performance Website	10
Sport Science Injury Tracking Research Project	11

In November I was watching the doubles final of the WTA Tour Championships, followed by one of the early rounds of the Masters Cup Men's Doubles Championships on the Tennis Channel. As I watched, I was struck by a few things.

The first was that it was just plain fun to watch good doubles. The points were filled with heated exchanges, both at the net and from the baseline, and players displayed a variety of all-court skills not necessarily seen in a singles match. The players were able to serve and volley, hit a variety of returns, including lobs, and execute shots on angles that most players only dream of hitting. The players also showed great anticipation skills, moving with the ball and in tandem, playing offense and defense as the situation changed during the point. Teamwork was evident as the players celebrated great shots and discussed tactics between points and games.

Reread the above paragraph and think about all of the good things that can be learned by playing and practicing doubles. Now think about how much time you devote to practicing for doubles and competing on the doubles court. If you are like me, it hasn't been high on the list of priorities. As 2006 is upon us, perhaps it is time for all of us to make doubles a higher priority on the list of things to do, with the goal of helping the players we coach develop a total game that will allow them to reach their potential on the court. Oh, and by the way, take time to watch some doubles or, even better, have your players play doubles. It's really fun.

All the best,

Paul Lubbers, Ph.D.

Director, Coaching Education, USTA Player Development

USTA High Performance Coaching Program Update

The USTA Coaching Education Department is accepting applications for the High Performance Coaching Program. This educational program is intended specifically for the coach who is working with players striving for excellence in competitive tennis (i.e., sectionally and nationally ranked junior players to collegiate and young professionals). Applications for the 2006 program dates are available by contacting Bobby Bernstein at 305-365-8711 or e-mailing us at Coaching@USTA.com. We encourage all interested coaches to apply as soon as possible. See page 12 for dates, locations and application deadlines.

USTA High Performance Coaching Program Attendance

The following list of coaches successfully completed the High Performance Coaching Program from May 10-15, 2005, at the USTA Training Center in Carson, California. Congratulations to all of the coaches for their hard work and dedication toward helping improve the level of play in the United States. Job well done!

Michael Bauer <i>Emeryville, CA</i>	Sharon Cleland <i>Midland, MI</i>	Sean Ulysses Dizon <i>San Francisco, CA</i>	Scott Potter <i>Bozeman, MT</i>	Paul Salvador <i>Rancho Cucamonga, CA</i>
D'Wayne Begay <i>Albuquerque, NM</i>	David Critchley <i>Scottsdale, AZ</i>	Larry Haugness <i>El Paso, TX</i>	Greg Prudhomme <i>Glendale, AZ</i>	Tim Schnaible <i>Simi Valley, CA</i>
Bobby Berger <i>Los Angeles, CA</i>	Nicholas Cote <i>El Segundo, CA</i>	Chuck Kingman <i>Seal Beach, CA</i>	Bill Riddle <i>Hendersonville, TN</i>	Kathy Sell <i>Princeton, NJ</i>
Paige Billingsley <i>San Luis Obispo, CA</i>	Alan Cutler <i>Whittier, CA</i>	Bill Murray <i>Coconut Creek, FL</i>	David Roditi <i>Huntington Beach, CA</i>	Jolene Watanabe-Giltz <i>Bluffton, SC</i>
Martin Blackman <i>College Park, MD</i>	Jean Desdunes <i>Miami, FL</i>	Vesa Ponkka <i>Sterling, VA</i>	Thomas Ritz <i>Thousand Oaks, CA</i>	Mark Weil <i>Ojai, CA</i>

USTA Player Development News—Doubles

by **Bill Ozaki**, Senior Director, Junior and Collegiate Competition and **Paul Roetert, Ph.D.**, Managing Director of USTA Player Development

Within the world of tennis there has been much discussion of late about doubles play and its place in professional tournaments. We would like to share with you some thoughts and ideas on promoting doubles play and what we believe to be the role of doubles in the development of our juniors in the United States.

The International Tennis Federation (ITF) has implemented some changes in the junior world game and has determined that doubles is important enough to change its ranking system. In fact, the ITF has started a combined ranking system, which has been well accepted. We're not saying that a combined ranking system is the only solution to promote doubles, but we should look for possible ways to promote doubles at the junior level.

There are a variety of reasons why playing doubles is important from a developmental perspective. Here are some of those reasons:

1. Socialization and enjoyment of the game at an early age (thereby keeping kids in the game).
2. Development of a transition game and net skills.
3. Development of a lifelong love of doubles. (We all end up playing more doubles as we get older.)
4. Improvement of singles game.
5. Kids at a young age like playing team sports. Doubles allows for a team-like atmosphere.

Numbers 1 and 5 are very closely related. One of the keys to keeping kids in the game is to make it fun to play. Fun will keep kids coming back for more. If young players can enjoy the game with a friend (or maybe several friends), they are more likely to stay in the game.

Kids love being around other kids of similar age. The universal popularity of team sports, not only at an early age but into adolescence and beyond, proves this. Doubles fosters teamwork and is even like a "team within a team." While it is certainly true that competitive tennis brings out the best in players, an equally important aspect for children is the sheer enjoyment of the activity. "Friends, Fun and Fitness," the catch phrase for the junior program, *USA Team Tennis*—and the order of those words—holds great purpose. Team doubles for children with their FRIENDS (or newly made friends!) enables them to have FUN and provides a side benefit of FITNESS as well.

Number 3 is not to be overlooked as we all hopefully continue to enjoy the game well into our older age. Many players do play a good deal of doubles as they get older. Doubles continues to be an integral component of USTA Leagues and USTA Tennis on Campus programs as well. The popularity of new USTA leagues in mixed doubles, combo doubles and senior doubles further shows the immense popularity of doubles for adults. Just as it is for younger players, the social and fun aspects remain, in

addition to an even greater appreciation for the fitness benefits. Did you know that the USTA has enough teams competing to have rankings in Men's 90-and-over doubles and Women's 85-and-over doubles? Talk about a lifetime sport! And, for continued family enjoyment of doubles, there are categories in Senior Father-Daughter and Senior Mother-Son as well!

Finally, numbers 2 and 4 relate directly to a young player's development. Playing doubles at a young age doesn't just develop doubles skills; it helps improve one's singles game as well.

If you haven't attended a collegiate match recently, do so and you will find excitement and electricity like never before at the start of the match. In college tennis doubles is played first and the team that wins two out of the three pro sets wins the doubles point. This format has made doubles more important in college matches while generating more interest in a timely manner. Harvard men's coach David Fish recently commented that doubles generates tremendous momentum and crowd excitement going into the singles matches.

Will playing more doubles help your singles game? Perhaps the answer to this question can be easily answered by looking to the best players in the world. A present day example of a top singles player who used doubles to develop his overall game is the Spaniard, Rafael Nadal, who consistently competed in doubles at both the ITF and Futures level tournaments during his ascent to the upper level of the ATP rankings.

How important does USTA Player Development consider doubles in the development of a young player's overall game? Important enough that Franklin Johnson, a former collegiate player and current Chairman of the Board and President of the USTA, appointed an ad hoc committee consisting of Youth, Collegiate and Professional representatives as well as tournament directors, coaches, USTA Player Development staff and USTA committee members to study and make recommendations on the enhancement of doubles play for our junior players. The committee unanimously endorsed the following statements that were presented to President Johnson and the Board:

- Doubles play is an essential component of player development; and
- Doubles play is an essential component of the growth of American tennis.

The USTA Collegiate and Youth Competition and Training Subcommittees are developing recommended modifications in our current system to promote the enhancement of doubles play for American juniors.

We anticipate the end result, through an increase in doubles play, will be more and better American tennis players!

Key Principles for Improved Doubles Play



Martina Navratilova used her all-court skills to amass a record of winning an amazing 84 singles and doubles titles at the same professional event.

- **“I” Formation and Australian.** These two positioning options are commonly employed by a serving team that wants to make tactical adjustments during the match. With these options, the team is often looking to attack a returner's weakness, adjust to the returner's strength, or, in some cases, change the flow of the match.

The team can use three strategic plays from any one of these three positioning options in order to exploit the returning team's weaknesses. Those plays are poaching, faking the poach and staying in the original position.

Positioning for Returning Team

The returner and the returner's partner take the following starting positions:

- **Returner.** The returner's position should be dictated by its effectiveness. The position should improve the player's ability to get the ball back in play and create offensive opportunities. The key to effective positioning is to get to what is called the center of returns. In doubles, the returner should begin in a position that is in the center of the server's possible serving angles. This gives the returner a better chance to attack the serve and, in many cases, more time to prepare to make an effective return by moving forward to contact the ball well within the court. This takes time away

from the server to respond, and it facilitates the returner's transition from baseline to net.

- **Returner's partner.** On the first serve, the returner's partner should be positioned near the service line and toward the middle of the service box. On the second serve, the partner should move halfway forward to the net to be in a better position for offense. This is a transition position, where the partner must be prepared to take advantage of an offensive opportunity if the returner hits a good return or react defensively if the returner hits a weak return.

The following two options are often used by returning teams:

- **Standard.** One up, one back is the typical starting position for most doubles teams when returning. From this position, players typically move forward to the net after the return is hit. The intention of the returning team is to hit an effective return that turns the defensive nature of the return into an offensive opportunity.
- **Both back.** This positioning option is used primarily as a tactical adjustment during a match when the returning team encounters difficulty handling the pace, power and placement of the serving team. This option provides the returner with a bigger target area, thus putting more returns in play and making the serving team volley to the open court. Often this positioning leads to a change in the pace of play, and it can lead the serving team to make errors from the volleying position.

Each doubles team must decide from which side each player should return. This decision should be based on both the technical and psychological strengths and weaknesses of both members of the doubles team. Variables that affect this decision include the quality of the players' returns, the strength of the players' volleys from the poaching position, the strength of the players' outside groundstrokes when returning and, finally, the players' ability to handle the pressure of big points.

Doubles Communication

One of the keys to success for a doubles team is effective communication. Most coaches agree that it is better for a team to communicate too much, rather than too little, and that players should communicate something positive after each point. Player compatibility and team cohesion are important aspects of successful doubles teams. Doubles players need to communicate before and after matches as well as during play to be most effective.

continued on page 9

Principles of Movement for Doubles

by **Paul Lubbers, Ph.D.**, Director, Coaching Education and **Bobby Bernstein**, Administrator, Coaching Education

Within a doubles point, positioning changes dynamically. These changes dictate the offensive and defensive positioning of a team. In most cases, the best offensive position which gives a team a greater chance to win the point is when both players are moving forward to the net, or are already at the net. One of the most extreme defensive positions a team can be in is when both players are at the baseline. In between these two extremes are transition positions, in which the team or player is either moving forward to the net to obtain offensive position or moving backward to the baseline to defend.

In the sequences, we will showcase doubles movement by showing doubles play from the 2005 US Open. The women's players include the team of Anna-Lena Groenefeld and Martina Navratilova vs. the team of Svetlana Kuznetsova and Alicia Molik. The men's players include the No. 1 ranked team in the world and 2005 US Open doubles champions Bob and Mike Bryan vs. the French team of Arnaud Clement and Sebastien Grosjean.

As you examine the sequences, you will see the four basic movements which are used in doubles play: forward, lateral, backward, and diagonal movement. Take a moment to review the three different sequences and look for examples where the teams are exhibiting the following four types of movement.

Forward movement. This occurs when players take control of the net through serve and volley or return and volley, or when they move through the transition position to follow the path of the ball.

Lateral movement. Lateral movements should be coordinated teamwork movements based on the path of the ball.

Backward movement. This backward movement is based on the flight of the ball. When moving backward, a doubles team should coordinate their movement to get into a position that allows them to be most effective.

Diagonal movement. A diagonal movement is employed by a player to move forward and across to improve their position, or in many cases, cut off the angle of the ball.

Top Sequence

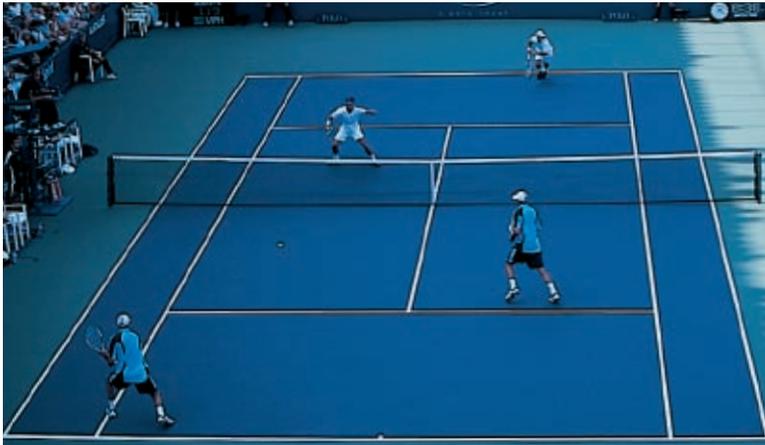
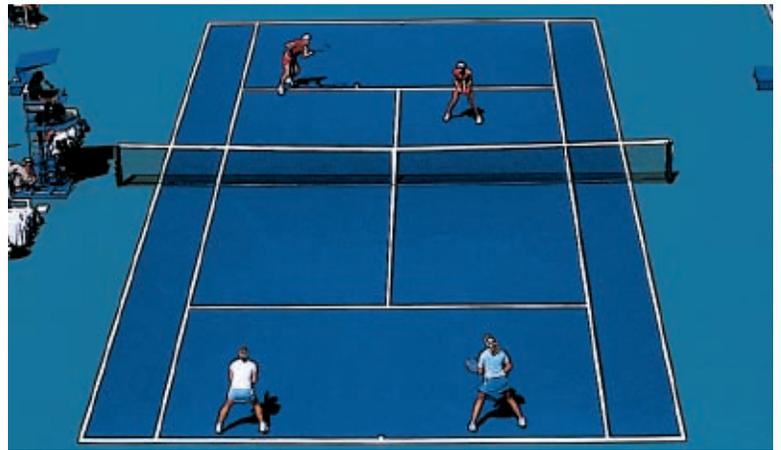
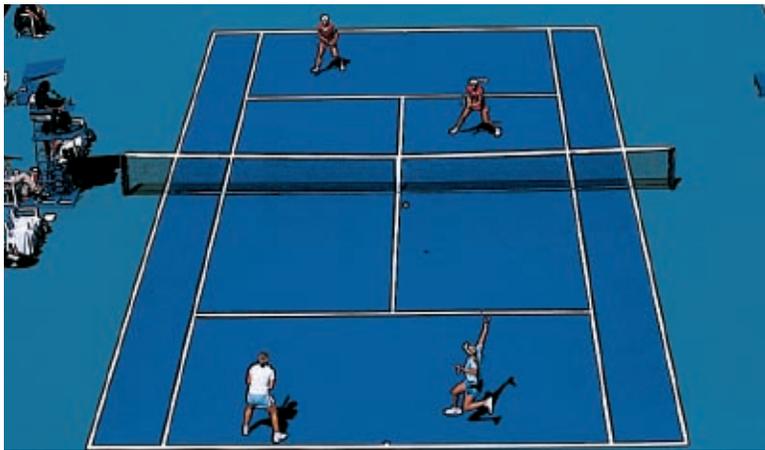
In the top sequence, Martina Navratilova is serving to the deuce court while the returning team of Alicia Molik and Svetlana Kuznetsova are both back at the baseline. The serve is hit to Molik's backhand, which she returns back to Navratilova who then returns the volley cross-court to Molik. Notice how Navratilova continues to close forward to the net. This move forward (closing in) is a fundamental move which is used by all great doubles players. Moving forward after hitting the first volley allows Navratilova and Groenefeld to take an offensive position at the net where they are prepared for any shot. In the final photo of the sequence, you see the point being won by Groenefeld at the net where she intercepts the groundstroke and smartly angles the forehand volley off the court for a winner. This type of angle volley is a very effective shot to hit while trying to end the point when both players of the opposing team are at the baseline.

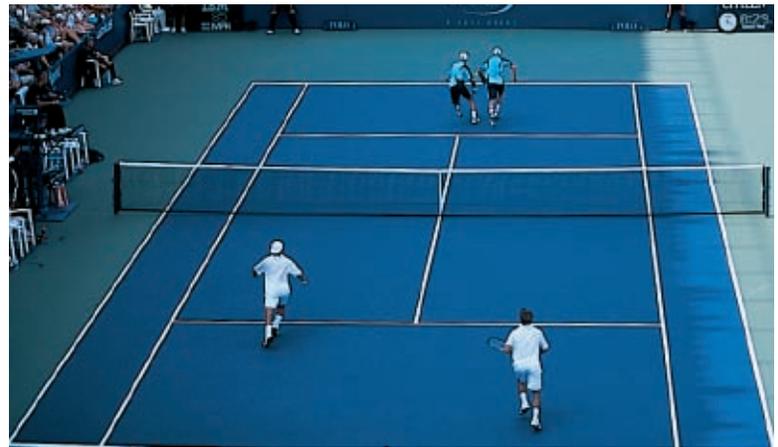
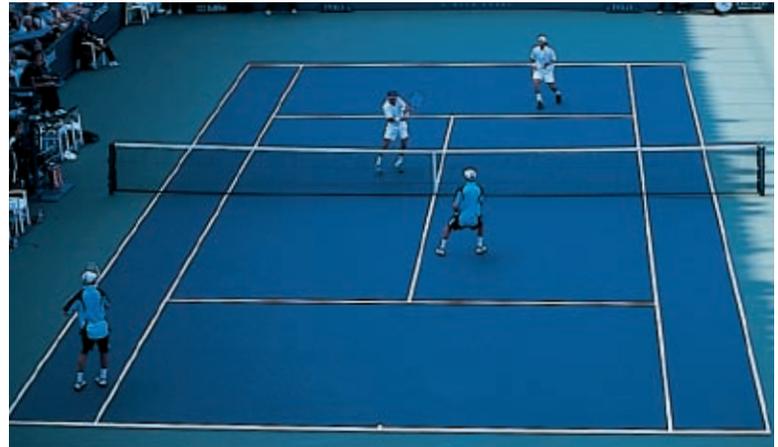
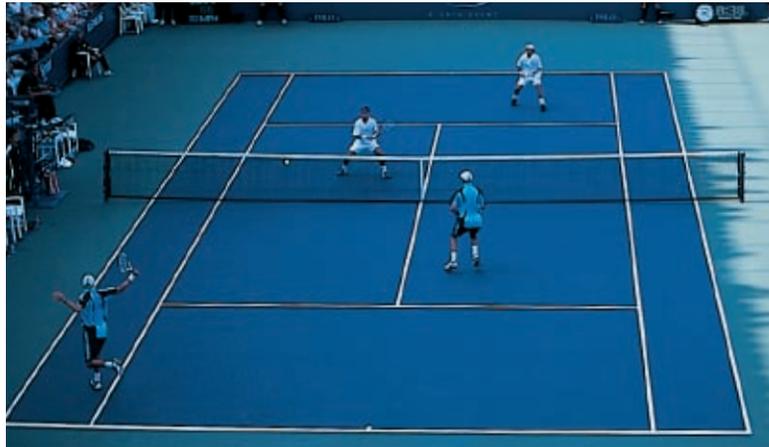
Middle Sequence

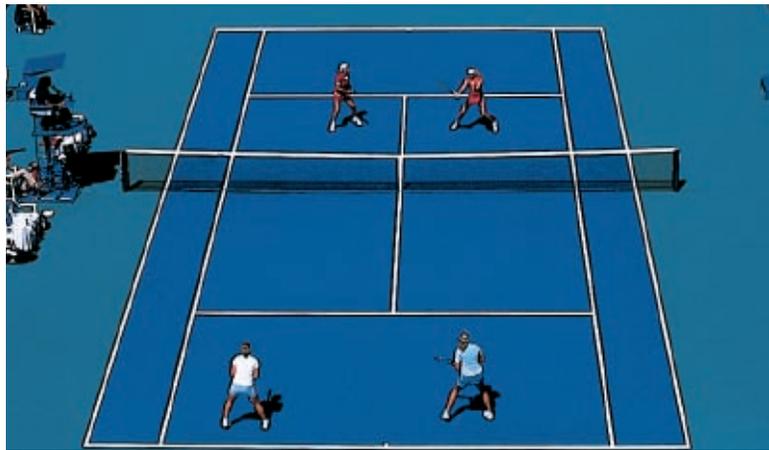
In the first picture, we see Sebastien Grosjean serving to Mike Bryan's backhand. Notice Grosjean's partner, Arnaud Clement, who is trying to distract Mike with a "fake" poach. This tactic often affects the returner by forcing him to change his shot, and in some cases elicits a weak return. After the fake, both Clement and Bob Bryan start to move to the middle of the court, looking for an opportunity to be offensive. If the return goes crosscourt past Clement, then Bob will be in great position to cut off the reply with a poach. Clement, who also is looking for the poach, is able to intercept the return as it crosses the center strap and place a backhand volley down the middle to win the point. The best doubles players know how and when to move, always trying to improve their position with the goal of gaining either an offensive advantage or defending their turf.

Bottom Sequence

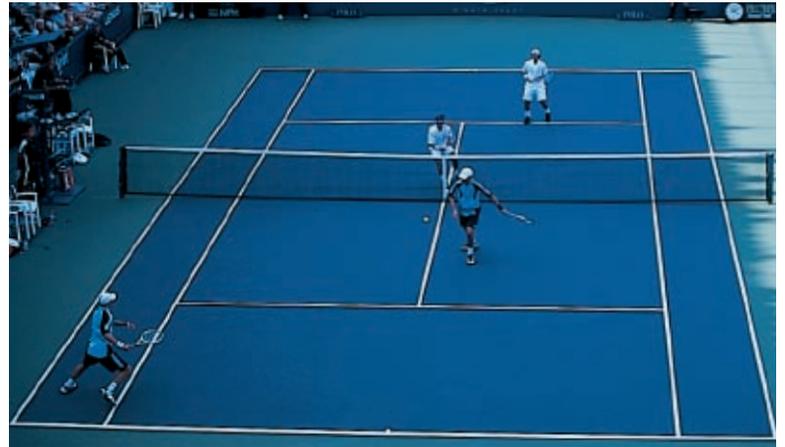
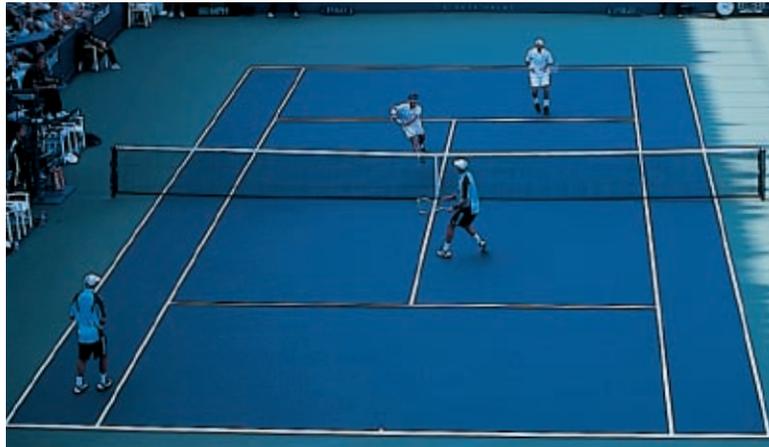
In this point, the Bryans have hit their second volley at Grosjean's feet and he, on the far side, is forced to play a low lob volley from the service line. Grosjean places the shot perfectly over and between the brothers, and creates a scenario where in one shot the table is turned from defense to offense. Notice how the Bryans turn their backs to the net and Clement and Grosjean begin an all-out sprint forward to take control of the net. This is bad news for the Bryans since they were not able to make a play on the perfectly executed lob. The good news for American fans, however, is that the Bryans went on to win this first round match and the 2005 US Open for the first time.







Lance Jeffrey



Compatibility of Partners

One of the common questions about doubles relates to how to decide who partners with whom to create a successful doubles team. Both in high school and college tennis, many dual matches are won and lost based on the success of their doubles line-up. Here are some tips that may help as you determine the compatibility of doubles team members.

- Successful doubles teams are often comprised of players with contrasting on- and off-court personalities.
- Knowledge of partner's responses under pressure is important.
- Knowing how much players like to talk, how much encouragement they need and how they respond to criticism can help determine whether players will be compatible with one another.
- Be aware of both the verbal and nonverbal communication of players.

Team Cohesion

Once a doubles team is formed, there becomes a working relationship that needs to survive the many ups and downs of a match or season. It takes a commitment by both partners to make the team more cohesive. Following are some guidelines that partners should follow to create an atmosphere that will allow each player to be their best:

- be honest, supportive and understanding;
- help build each other's confidence;
- compliment each other for good shots;
- do not apologize for errors;
- know each other's preferences; and
- be aware of each other's nonverbal communication.

Effective Communication

Effective communication that takes into account players' personal preferences often leads to improved performance. This, in fact, may be a key determining factor in on-court success which underscores the importance of communication between doubles partners before, during and after matches.

- **Practice prior to matches.** Partners should discuss their concerns about practice and warm-up, technical and tactical strengths and weaknesses, personal communication preferences, and emotional habits and patterns. They also should begin establishing a game plan.
- **During matches.** Communication during a match is ongoing, taking place before, during and after points. Both verbal and nonverbal communication can be used to convey



Great doubles teams communicate after every point! The Bryan brothers discuss where to serve and how they will move.

changes in strategy and tactics, offer encouragement or communicate adjustments to the game situation during changeovers. Doubles teams should use a communication pattern that meets their needs and allows for maximum performance. For example, Bob and Mike Bryan talk between points about intended tactics; other teams utilize hand signals to indicate planned plays; and still other teams forgo any communication about tactics and just react instinctively to the ball. Whatever method a team uses, the players need to remember they are working together as a team. And the most effective teams support each other with positive body language and cue words, as well as follow routines for before, during and after points or games that create cohesiveness and promote each other's strengths.

- **After matches.** Communication after a match focuses on an evaluation of the match just played and plans for future practice and training. If the team won, the players may be making immediate plans for tactical and technical adjustments related to the next opponents.

New on the USTA Player Development Website

by Scott Riewald, Ph.D., Administrator Sport Science

The Latest and Greatest in Player Development News

Restructuring

If you've been looking closely, you'll have noticed some changes have been made to the USTA Player Development website (www.playerdevelopment.usta.com) since our last *High-Performance Coaching* website update earlier this year. First, you will notice the website name and address have changed from High Performance to Player Development, signifying our commitment to providing American junior, collegiate and young professional players the opportunities to reach their potential. Some of the specific changes you will see on the site are outlined below.

Strength and Conditioning Resources

Be sure to take a look at the new **Strength and Conditioning** link under Sport Science. This page houses articles and resources on how players can use strength and conditioning to optimize performance and prevent injury. Players, parents and coaches now have access to information on how to perform over 60 exercises covering dynamic warm-up, run form training, strength training and on-court movement. Each downloadable exercise description includes step-by-step instructions on how the exercise should be performed, as well as pictures showing proper technique. Additional information on static stretching, core training and jump rope training will be added by the end of 2005, so check back regularly to find ways you can update your training plan!

Upcoming High Performance Coaching and Continuing Education Programs

With 2005 coming to a close, the USTA Coaching Education Department is busy scheduling High Performance Coaching Programs (HPCP) and continuing education opportunities for 2006. Check out the **High Performance Coaching Program** link under Coaching Education to find dates for upcoming programs. HPCPs are offered three times per year, but all HPCP graduates are eligible to participate in continuing education opportunities at events like the US Open, Wimbledon, NASDAQ-100 Open and Orange Bowl, as well as the USPTA and PTR national conventions. In addition, you can download the updated 2006 High Performance Coaching Program application and access past editions of the *High-Performance Coaching* newsletter.

New Links Under High Performance

Several new links have been added under the High Performance section of the webpage: **High Performance Camps** and **International Team Events**. On the High Performance Camps page, you can read announcements of upcoming USTA High

Performance camps and review summaries of past camps. The International Team Events page will house information related to upcoming and past international events attended by teams led by USTA National Coaches.

Junior and Collegiate Competition Links

The structure of the links under Junior Tennis has changed slightly from what was available in the past. In addition to directing you to information on junior tennis, links are now available to provide information on **Competition Training Centers (CTCs)** and **Coaches Commissions**. By accessing these links, you can learn about the goals of the CTCs and Coaches Commissions, and how they help with identifying talented young tennis players and providing them with a positive and stimulating training environment that emphasizes a player's long-term development.

New information and resources are continually being added to the Player Development website, so check back often to stay on top of the latest information in coaching education and sport science. Also, subscribe to our monthly Coaching Education and Sport Science e-newsletter by e-mailing sportscience@usta.com and asking to be added to the list of subscribers.

Coaches, players and parents can download exercise descriptions from the Player Development website.

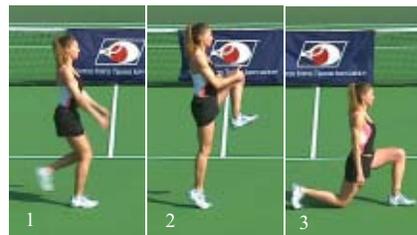
Knee Hug Lunge – Dynamic Warm Up

WU-4

Purpose

- Warm up the body
- Improve strength in the hip and knee
- Improve dynamic balance
- Improve flexibility in the hamstrings, lower back and hip flexors

Exercise Technique



Step	Action
Preparation	Start at the doubles sideline facing into (across) the court.
Performing the Exercise	Lift the knee and pull the knee with the arms towards the chest.
	At the same time, contract the calf of the leg on the ground, going up on your toes and lifting the body up.
	Release the leg and take a large step forwards directly into a lunge/hip flexor stretch position.
Duration	Maintain good upper body posture and hold this position for 2-3 seconds.
	Stand up, driving upward using the muscles in the forward leg, and repeat the movement with the other leg.
	Continue this pattern, alternating right and left legs, across the court to the other doubles sideline.

United States Tennis Association
Player Development Division
© 2005

Coaches and Players—Win a New iPod!

Participate in the Sport Science Injury Tracking Project

We need your help, and the help of your players, to complete an on-line survey on injuries in tennis! (www.playerdevelopment.usta.com – click on Sport Science Research Grant Program)

Anyone following tennis in the news has seen increasing coverage of the injuries of today's top players. The USTA Sport Science Department has started a research study to better understand injuries in tennis, specifically those seen in junior tennis players. The study is designed to not only look at the specific injuries and how often they occur in junior tennis players, but also to try to determine why they occur. The survey asks questions related to such things as training loads, equipment, amount of competition, and court surface. We will try to establish correlations between these variables and the injuries that occur.

Some things to know:

- The coach who has the most players sign up and complete the survey in the next three months will receive an iPod Nano.
- In each of the next three months, we will randomly select one name from all the players who completed the survey to receive an iPod Nano.
- The survey is presently designed for tennis players aged 12-18.
- Players do not have to have had an injury to participate.

Collecting information from players who are injury free is just as important.

- Each player must sign an assent form and have a parent sign a consent form, and return these forms to the USTA Sport Science Department in Key Biscayne, FL.
- Parents are encouraged to help their son and/or daughter complete the survey.
- The winning coach and players will have their achievements recognized in an upcoming issue of the *High Performance Coaching Newsletter*.

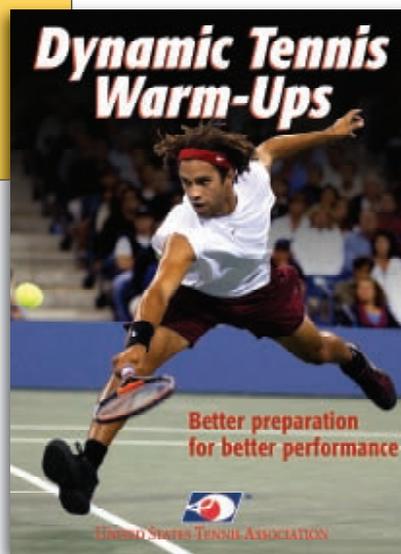
All of the information related to the Injury Tracking Project can be found on the USTA Player Development website under Sport Science Research Grant Program. At this site it is possible to download:

- A letter to give to your players and their parents
- Copies of the assent and consent forms to be signed and returned to the USTA
- A list of frequently asked questions about the project

Additional information can be obtained by contacting the USTA Sport Science Department at sportscience@usta.com or (305) 365-8760. The information we gain can help shape our understanding of tennis related injuries and how they can be prevented in the future.

Cover the court like never before!

The USTA has partnered with renowned training authority Mark Verstegen of Athletes' Performance to demonstrate the most efficient and effective techniques in preparing for matches and practice sessions. An integral part of the USTA's High Performance Training program, the Dynamic Tennis Warm-Ups DVD provides three 10-minute warm-up routines to prepare players for the types of movements they will need to execute on the court: forward and backward movement, lateral movement, and multidirectional movement. Each routine may be used in its entirety, or exercises from the different routines can be combined to target a player's individual training needs.



Approx 40-minute DVD • ISBN 0-7360-5626-2
\$29.95 • (\$42.95 Cdn)



Order today!

1-800-747-4457

1-800-465-7301 (Canada)

or visit our Web site at www.HumanKinetics.com

X002



UNITED STATES TENNIS ASSOCIATION

USTA Player Development
7310 Crandon Boulevard
Key Biscayne, FL 33149

Presorted
Standard
US Postage
PAID
Boston MA
Permit No. 54162

High-Performance Coaching

Published Quarterly By

USTA Coaching
Education Department
7310 Crandon Boulevard
Key Biscayne, Florida 33149
305-365-8782

www.highperformance.usta.com

Editor
Paul Lubbers, Ph.D.

Editorial Consultant
Mark Preston

USTA Staff
Bobby Bernstein
Scott Riewald, Ph.D.

© United States Tennis Association

Designed and produced by
H. ZIMMAN, Inc.
Seaport Landing, 152 The Lynnway
Lynn, Massachusetts 01902
781-598-9230 / e-mail: info@hozinc.com

USTA High Performance Coaching Program Dates

Program Dates for 2006

Date	Location	Application Deadline
January 7-12, 2006	Key Biscayne, Florida	FULL
May 16-21, 2006	Boston, Massachusetts	February 15, 2006
November 14-19, 2006	TBA	August 15, 2006

Applications for the above program dates are available
by contacting 305-365-USTA or e-mailing us at
Coaching@USTA.com. We encourage all interested
coaches to apply as soon as possible.