



# **High School Tennis Coaches Workshop**

**COST: FREE**

## **Locations/Dates:**

**Cedardale, North Shore – March 3<sup>rd</sup> (9:00 AM – 2:00 PM)**

**YMCA, South Shore – March 17<sup>th</sup> (9:00 AM – 2:00 PM)**

## **Topics Covered:**

- **The Benefits of a NO Cut program:  
How to run practices/matches for a large amount of players**
- **Singles Strategies and Tactics**
- **Round Table Discussion**
- **Doubles Strategies and Tactics**
- **How to warm up, stretch, and speed training for tennis players**
- **Drills & Games for practices for a large number of kids**

## **Presenters:**

### **Adam Molda – Cedardale Director of Tennis**

- USA Tennis High Performance Certified.
- 20 + years experience – Developed and coached all levels from novice to nationally ranked players.

### **Robert Newton – Burlington High School Boys coach, 18 years**

- Has a no cut philosophy and consistently coaches **over 40 boys** on his team every year. Burlington High Boys have made it to the North Final the last four years.

### **Dennis Castro – Parisi Speed School Director**

- Certified Strength & Conditioning Specialist – NSCA.
- Coached all levels of athletes from middle school through Div. 1 college.

## **Dr. Adam Naylor Ed. D CC-AASP, Sports Psychologist**

- Over decade experience applied psychology education Olympians major and minor league pro athletes. Consultant to the Ivan Lendl Junior Tennis Academy clinical assistant professor Boston University published nationally and internationally.

## **Craig Huntington, Back to Health Craig fitness**

- Trained athletes, including championship football high school teams, top-level high school and collegiate athletes, MMA and Ju-Jitsu champions, professional skiers, and NHL hockey players.

## **Bob Carroll, Senior Director of Tennis, YMCA South Shore**

- USPTR Certified Professional 2 Level.
- 15+ years experience coaching and teaching tennis at all levels, including Division 1 collegiate players.
- Played at the collegiate level and on the satellite tour.

### **Registration:**

**Online at <http://www.easternmass.usta.com> OR Return the registration form below to:**

**Cedardale Health and Fitness**

**c/o Adam Molda**

**931 Boston Road,**

**Haverhill, MA 01835**

**Phone: 978-373-1596**

## **High School Tennis Coaches Registration Form – 2012**

**Name:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/County/State/Zip:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Team Coaching:** \_\_\_\_\_

**Please indicate the location you would like to attend the workshop at:**

**Cedardale, North Shore**

**YMCA, South Shore**