

NJSIAA Coaches' Association Tennis Workshop
Friday, January 10, 2025
Princeton University, Meadows Campus Indoor Facility
325 Court Drive, Princeton, NJ

8:00– 8:45 AM	Registration/coffee and light breakfast available
8:45 – 9:00 AM	Welcome & Introductions – Princeton Men's Tennis Head Coach Billy Pate
9:00 – 9:45am	“High energy doubles drills/games and their impact on tactics for instant results” Damian Hume, Associate Men's Head Coach
9:45am – 11:00AM	“Cardio Tennis: Activities for 8-24 athletes on court - plus Triples!” Margit Bannon and Lori Schwartz, USTA
11:00-11:50am	“Principles of effective coaching,” Joao Pinho, Director of High Performance and Club Manager, The Nassau Club
11:50-12:50pm	Lunch (box meals will be provided)
12:50-1:20	“Tennis-specific conditioning exercises for your team practices.” Ally Christman, Strength Coach, Princeton University
1:20-2:10pm	“Empowering your High School Team with Game-Changing Solutions from the USTA” Mary Vecchiola and Kelly Rasero, USTA Middle States
2:10-3pm	“How to maximize player experiences and ball touches with 6 to 12 players on court.” Butch Staples, National Education and Learning Advisor for USTA Coaching