

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

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| 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) |
| 12:35-12:50pm | “Pick up Tennis” – Elliot Lovi, Livingston High School Boys Tennis Coach |
| 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” 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 |