



High Performance Tournament Training Workshop

**Suffolk County
District**
ustasuffolkcountyny.org

In cooperation with:



Date: **Saturday, March 20, 2010**
Time: **1:00 PM to 4:00 PM**
Location: **Sportime, Kings Park (275 Old Indian Head Rd, Kings Park, NY 11725)**
Fee: **\$60.00**
Eligibility: **Boys and Girls - USTA L2 and L3 - 10's to 18's current and future JUNIOR TOURNAMENT players. USTA Membership required.**
Phone: **631-590-5019 (SCJTL program line)**
Online registration at: www.ustasuffolkcountyny.org

TRAIN FOR USTA TOURNAMENTS AND SCHOOL TENNIS TEAM COMPETITION

Topics covered on and off court - Coach supervised match play - Parents workshop!

PHYSICAL - MENTAL - TECHNICAL - TACTICAL On and off court workshop Proper warm up techniques. Practice vs. match play.. Structuring an effective practice.	USTA TOURNAMENT INFORMATION Learn about USTA Tournament levels, how to apply, and what to expect. Understanding USTA rankings	TENNIS & EDUCATION Equipment knowledge workshop. Importance of tennis education in the development of High Performance tennis players.	PARENT INFORMATION SESSION. <i>45 minute workshop conducted for parents during last hour of activities. Supporting your junior tennis player's skill development and experience.</i>
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WORKSHOP CONDUCTED BY

USTA SUFFOLK DISTRICT PLAYER DEVELOPMENT TEAM

Joe Arias - USTA High Performance Coach, USPTA Specialist in Competitive Player Development
USPTA Certified Teaching Professionals: Jim Delevante, Josh Wolfson, and John Cook.
Equipment Expert: Jim Donnelly

SPORTIME, KINGS PARK PROFESSIONALS

Jason Wass, Manager, Sportime KP, USPTA Cert.
Darrin Cohen, Tennis Director, Sportime KP, PTR Cert.

More information and online registration on the web at: www.ustasuffolkcountyny.org

Detach along solid line and mail to: SCJTL 33 Sheppard Lane, Smithtown, NY 11787
Online credit card registration available at: www.ustasuffolkcountyny.org Click USTA High Performance Workshop



Complete this form. Please write clearly. Full payment of \$60.00 must accompany this form. Make checks payable to SCJTL.

Name: _____ Age: _____ Grade: _____
Address: _____ Town: _____ NY Zip: _____
Home Phone: _____ Cell# _____ E-mail: _____

USTA MEMBER NUMBER: _____

Non-Members may join the USTA to participate in this workshop.

TOURNAMENT EXPERIENCE:

Have not played USTA tournaments but plan to: _____ USTA L1, L2, L3, SCJTL: _____

Player Ranking: _____
(R-Regional S-Sectional, B-Boys G-Girls, Age-10-12-14-16-18, Ranking-# Ex RB12#5 + SB12#25):

USTA JUNIOR TEAM TENNIS EXPERIENCE: Yes: _____ Where: _____ None: _____

SCHOOL TENNIS TEAM EXPERIENCE:

School Name: _____ MS 7th/8thgrade: _____ Jr. Varsity: _____ Varsity: _____

Coach's name: _____ Boys: _____ Girls: _____ Position: Singles#: _____ Doubles#: _____

Do not play on a school tennis team but plan to: _____

Program Fee: \$60.00 p.p. Multiple sign up: Please enclose information on separate sheet. Indicate total amount for all players enrolled.

Confirmation of registration made by e-mail only upon receipt.

Cancellation policy: Enrollment is limited and registration guarantees entry. No refunds for absence or cancellations within 5 days of event date. \$10 service charge for all cancellations.

Please sign: I give permission for the enrolled player (s) to attend this event and is physically capable of participate in all activities and agree to the registration conditions:

Parent: _____