

Life Time Tennis Regional HP Seminar

December 15-17, 2017

Coach Manny Diaz

What to Expect as a College Player?



UGA Head Men's Coach, NCAA Champion player & coach; 27 SEC titles in 29 years, 6 National Titles, Coached 32 All-Americans including John Isner.

Coach Kenny Thorne

College and Professional Tennis



Georgia Tech Head Men's Coach, Former Professional Tennis Player, 32 NCAA Championship Appearances, Most Career Coaches win in Georgia Tech Men's Tennis history, Former 67th in the World

Melanie Oudin

Life of High Performance Tennis Player



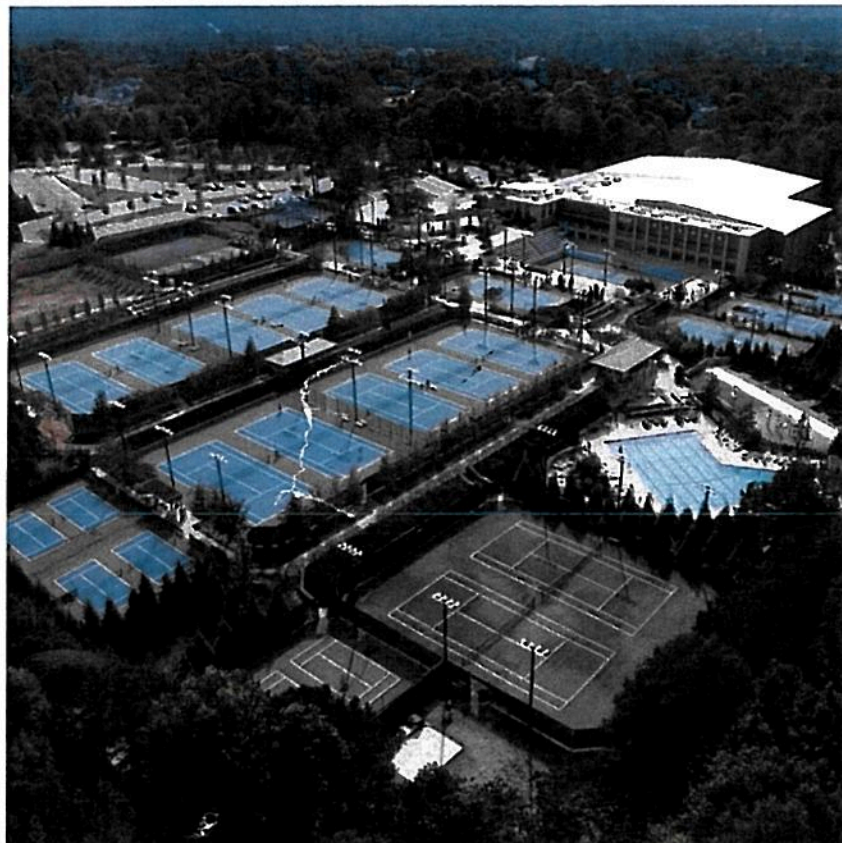
Retired professional Tennis Player, 2011 US Open Mixed Doubles Champion, 2009-11 Fed Cup Team Member, US Open Quarter finalist, 31st in the World

Bill Ozaki

Tournament Pathway and Scheduling



28 years as member of the USTA Southern Section, Currently serving as USTA Director of Programs and Player Development



Neeru Jayanthi, MD

Limiting High Risk Injuries in Tennis



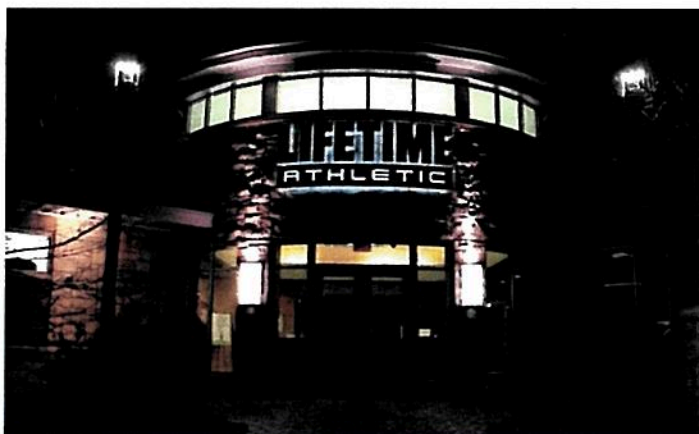
President of International Society for Tennis Medicine and Science, ATP & WTA physician, one of the country's leading experts on youth sports injuries.

Page Love, MS, RD, LD

Nutrition during tournament travel



Leading Sports Nutritionist & Registered Dietician Nutritionist for ATP & WTA, USTA's Sport Science Committee.



Open to all Juniors

\$200 LT Members | \$250 Non Members
 RSVP with Nancy Rebol
 Direct# 470.233.6193 | Email: Nrebol@lt.life

Lifetime Athletic will be hosting their 2nd Annual Regional HP Seminar for both High Performance Players and their Parents. The camp will feature a high intensity training camp for junior players as well as great educational experience for their parents. The camp is designed for High Performance players throughout the South. High Intensity drills, Point Play and On-court & Off-court Conditioning will be provided. Groups will be divided by UTR ratings to ensure competitive play for everyone. The goal is to have a great weekend of training regardless of where you currently train.

Numerous topics will be covered for the education of players and parents, including the College Recruiting process, Sports Medicine & Tennis Specific Injuries, Tournament Scheduling, Player Development, Sports Nutrition for Tennis on the road & at home, and more. The goal is to give the parents the information they often have questions for directly from the experts in the field.



Agenda:

To maximize time and space, athletes will be split into two different groups. Both groups will follow the agenda below, however one group will begin at 3:15pm on Friday, and 7:30am on Saturday and Sunday. You will be notified which group you are in 2 days prior to the event.

FRIDAY, DECEMBER 15TH

- 4:15-4:45 | Hors D'oeuvres
- 4:45-5:00 | Seminar Introduction – Viv Chhetri
- 5:00-6:00 | Presentation: College to Becoming a Professional- Coach Kenny Throne
- 6:00-6:15 | On Court Overview and Coaches Introduction – Viv Chhetri and Staff
- 6:15-8:00 | Drills and Point Play – Understanding your style of play and point patterns
- 7:00-8:00 | Presentation: Limiting High Risk Injuries in Tennis – Neeru Jayanthi, MD
- 8:00-8:15 | Session Wrap Up – Lifetime Staff

SATURDAY, DECEMBER 16TH

- 9:00-9:15 | Arrival
- 9:15-9:30 | Welcome and Agenda – Lifetime Staff
- 9:30-11:30 | Point Play – Execution of your Patterns
- 1:30-2:30 | Presentation: What To Expect As A College Tennis Player – Manny Diaz
- 12:30-1:30 | Lunch, Provided by Lifetime
- 1:30-2:30 | Presentation: Day in the Life of A Professional Tennis Player – Melanie Oudin
- 3:30-5:30 | Match Play, Integration and Execution of Patterns
- 5:30-5:45 | Session Wrap Up – Lifetime Staff

SUNDAY, DECEMBER 17TH

- 9:00-9:15 | Arrival
- 9:15-9:30 | Welcome and Agenda – Lifetime Staff
- 9:30-11:30 | Doubles Based Tactics, Serve & Volley
- 11:30-12:30 | Presentation: Tennis Nutrition Before and During Tournaments – Page Love
- 12:30-1:30 | Lunch, Provided by Lifetime
- 1:30-2:30 | Presentation: Exploring Tournament Scheduling in USTA Southern, USTA National & ITF – Bill Ozaki
- 2:30-3:30 | Off Court Development, Mobility & Injury Prevention – Ted Borgerding
- 3:30-5:30 | Match Play – Serve and Volley, and Doubles Play
- 5:30-5:45 | Event Closing – Lifetime Staff