



Workshop Director – Eldon Wilson

Eldon Wilson has been involved in the sport of tennis for over 30 years. He holds a Professional 1 rating through the USPTA, and is Director of Tennis in Antelope, CA for SCTA which has a partnership with Sunrise Recreation and Park District.

Eldon is a certified tester and was a board member for the USPTA for many years.

He is a USTA High Performance coach and USPTA certified instructor. He has written for (e.g. Tennis Magazine and the USPTA Journal) and has been a keynote speaker at a variety of USPTA events.



Sacramento Community Tennis Association

(A nonprofit established 1999, EIN 68-0413272)

Our mission is to introduce the great sport of tennis to every student in the Greater Sacramento Area.

Our focus is to bring tennis to underserved kids regardless of economic circumstance.

We believe that each child should have a healthy lifestyle that includes an integrated tennis experience of P.E. classes, after school tennis, and Junior Team Tennis Leagues.



THIS IS A PROGRAM OF THE SACRAMENTO COMMUNITY TENNIS ASSOCIATION, A NON-PROFIT ORGANIZATION, IN CONJUNCTION WITH THE SUNRISE RECREATION AND PARK DISTRICT. "THIS IS NOT A PROGRAM OF THE CENTER JOINT UNIFIED SCHOOL DISTRICT, THE DRY CREEK JOINT ELEMENTARY SCHOOL DISTRICT, THE ROSEVILLE JOINT UNION HIGH SCHOOL DISTRICT, OR THE SAN JUAN UNIFIED SCHOOL DISTRICT AND CENTER, DRY CREEK, ROSEVILLE AND SAN JUAN ACCEPT NO LIABILITY OR RESPONSIBILITY FOR THIS PROGRAM"

Sacramento Community Tennis
Association
presents...

High School Tennis Coaches Workshop

January 30 – January 31
2015



Antelope Tennis Center
Antelope, CA

Sacramento CTA/NJTL
High School Tennis Coaches Workshops

2015 January 30 – Friday Mountain Mike's Pizza Conference Room** 4207 Elverta Rd Antelope, CA 95843 916-726-2929	2015 January 31 - Saturday Antelope Tennis Center* 7909 Falcon View Drive Antelope, CA 95843
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Friday – January 30, 2015 Note: This session is held in Mountain Mike's Pizza Conference Rm**

5:00 PM – 6:00 PM - Check-in

6:00 PM – 9:00 PM - **How to Administer a High School Tennis Team**

Review USTA rules Review NFHS rules Review CIF rules Review League rules How to be a USTA No-Cut Coach How to fundraise How to develop a ladder How to order team uniforms How to conduct end-of-season awards	How to develop Parents to assist How important is Player attitude and nutrition How to develop a daily practice schedule How to honor Seniors How to recruit next seasons new players How to keep players playing tennis after each season What happens if you make it into the CIF Section playoffs
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Saturday – January 31, 2015 Note: This session is held at the Antelope Tennis Center*

8:30 AM – 9:00 AM - Check-in

9:00 AM – 12:00 PM - **Beginning Player Development**

- How to conduct conditioning drills for large groups
- How to teach the forehand, backhand, volley, and serve
- How to conduct forehand, backhand, volley, and service drills

12:00 PM – 1:00 PM - Lunch Provided (emphasis is on health nutrition for athletes)

1:00 PM – 2:30 PM - **Singles Player Development**

- How to conduct singles drills
- How to conduct singles strategies
- How to conduct singles tactics

2:30 PM – 4:00 PM - **Doubles Player Development**

- How to conduct doubles drills
- How to conduct doubles strategies
- How to conduct doubles tactics

SCTA High School Tennis Coaches Workshop Registration Form

Name : _____ Signature : _____ Date : _____

Address : _____ State : _____ Zip : _____

Phone : _____ E-Mail : _____

Fee (check one) : ☐ Fri only \$25 ☐ Sat (w/Lunch) only \$75 ☐ Fri-and-Sat entire event \$85

Payment : ☐ Check ☐ Credit Card * CC# : _____ Exp : _____

*Credit Card requires name on card, billing address, phone, date, AND signature

Mail to: SCTA, 7909 Walerga Rd, STE 112-1292, Antelope, CA 95843 E-Mail: scstatennis@gmail.com

Register On-Line at : www.sacramentotennis.net Call (916) 520-4929 for more details