



2013 Maryland High School Tennis Coaches Workshop

Where: Green Spring Racquet Club, 10803 Falls Rd., Lutherville, MD

When: February 9, 2013 – 9:00 a.m. to 3:00 p.m.

Cost: \$40, includes lunch and a four-month subscription to *HighSchoolTennisCoach.com*

- "Classroom" sessions
- On-court drills
- Red Court Round Robin with prizes (23" racquets & foam balls provided)
 - Wilson and Dunlop giveaways
- Wilson and Dunlop contracts available for coaches

Featured Presenters:

Larry Karageanas – *Great Drills for Your Not So Great Players*

Louise Gengler Thomas – *H.S. Player Checklist, Footwork and Technique*

Bernard Williams – *Speed and Performance for Tennis*

Kim Dillard – *All Things Doubles*

Demetrus Fisher – *Running Practices for Large Groups with Few Courts and Coaching No-Cut Teams*

Register online at

http://www.active.com/event_detail.cfm?event_id=2063976

or by mail using the form below.

More info: vonlossberg@mas.usta.com or 443.310.6419

Send completed form and \$40 check payable to "USTA Maryland" to:
**2013 USTA MD HS Coaches Workshop, 10015 Old Columbia Road,
Suite B-215, Columbia, MD 21046**

Name _____ School _____

Address _____

City _____ State _____ Zip _____

Email: _____



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Featured Presenters/Topics:

Larry Karageanas - *Great Drills for Your Not So Great Players*

Larry has been in the tennis industry for over 30 years, working at two of the top 50 Tennis Resorts. He has coached both public and private high school tennis teams and directed the tennis program and developed curriculum at one of **the nation's top sports camps**. A member of both the PTR and USPTA, he conducts seminars and specialty courses for both organizations and is a faculty member at many of the international symposiums. He has made presentations at the USTA Tennis Teachers Conference and numerous workshops for coaches. He is also the Director of Club & Resort Tennis Services.

Louise Gengler Thomas - *H.S. Player Checklist, Footwork and Technique*

Louise served as the Head Coach of Women's Tennis at Princeton University for 25 years (1979 – 2004). Her teams won 7 Ivy League titles and her Princeton players were regular participants in the NCAA tournament and ITA national events. She won several regional Coach of the Year awards. Louise is a graduate of Princeton University where she captained the varsity tennis team in 1975. She was awarded the Keinbusch Award for the most outstanding woman student-athlete in the senior class. After graduation she played briefly on the satellite tour. She and her sister Marjory Gengler Smith were nationally ranked #7 USTA Women's Doubles.

Bernard Williams – *Speed and Performance for Tennis*

Bernard is a 2000 Olympic champion, Gold Medalist for the 4 x 100 meter relay and a 2004 Olympic Silver Medalist for the 200 meters. He is a Performance Coach, mentor, and motivational speaker, as well as a strong advocate for fitness and healthy life habits for kids. He currently works for Athletic Performance, Inc. as a Performance Coach.

Kim Dillard – *All Things Doubles*

Kim Dillard is a USPTA Master Professional and PTR member. He was inducted into the inaugural class of the USPTA Mid-Atlantic Hall of Fame in 2011. Kim has given many seminars at the USPTA World Conference and has been on the Faculty of Speakers at the USTA Conference in New York. Kim is the Director of Tennis at Sequoia Farms, and Virginia Run Clubs in Centreville, VA. He serves on the Wilson Advisory Staff since 2001. Kim is the Westfield High School Girls Tennis Coach for last four years. Kim **published his first book "The Double Connection, How to be a Better Doubles Partner"** in 1998. He has written many articles in the USPTA Ad Vantage Magazine and tennis tips in Tennis Magazine.

Demetrus Fisher – *Running Practices for Large Groups with Few Courts and Coaching No-Cut Teams*

Demetrus has been coaching for 12 years. He carries 18-25 girls on his high school team at Queen Anne's High School using only three courts. He is **The 2012 H.S. No-Cut Coach of the year** for USTA Maryland. He will share his best practices and techniques for success as a No-Cut Coach.