

**2008 Maryland/Mid Atlantic High School
Tennis Coaches' Workshop**

at the

Hyatt Regency Chesapeake Bay Resort and Spa
The Chesapeake Ballroom

Friday, February 8, 2008

(4:00 p.m.-6:00 p.m.)

Saturday, February 9, 2008

(8:00 a.m.-3:00 p.m.)

Fee: \$30.00

Sponsored by the *USTA* and the *James G. Busick Tennis Foundation*

Workshop Registration: On line at - www.MPSSAA.org

Room Reservations Made Separately

Hyatt Regency Reservation: 410-901-1234

(A block of rooms is being held for coaches requiring lodging on Friday 2/8/08 and Saturday 2/9/08 at a special reduced rate (\$145.00 per night –an additional \$50.00 for water view)

Friday Evening: 8:30 – 11:00 p.m. For those participants arriving Friday afternoon/evening, a welcome “social” will be held in the *Mitchner Library* (central foyer near check-in). Come and meet the presenters and fellow coaches!

Workshop Schedule Friday, February 8, 2007

- 1:00 to 5:00 p.m.** **Racquet Stringing Workshop:** Master Stringer Bicky Roche (see attached bio), will instruct a group limited to 12 pre-registered participants in the art and practice of stringing. Tools and machines will be provided however,
***Pre-registration and a fee of \$175 are required in order to provide supplies and instruction.**
- 4:00 to 6:00 p.m.** **First/Second Year Coaches Roundtable:** 3 veteran coaches from top Virginia programs, Mark Seidenberg, Paul Fisher, and Doug Garrett, 3 veteran coaches from top Maryland programs, Sheldon Gunther, Demetrus Fisher, and Bruce Damasio, along with North Carolina Teaching Pro Larry Karageanes will share with new coaches various organizational skills and team shaping drills, etc... and entertain any and all questions new coaches may have (handouts galore!).
***Pre-registration required for this workshop.**

Workshop Schedule Saturday, February 9, 2007

- 8:30 to 9:00 a.m.** Keynote Address: This year Vesa Ponkka (see attached bio), will open the workshop. Vesa is well known throughout the Mid-Atlantics for his outstanding work nurturing top players at the Junior Tennis Champions Center located in College Park, MD. He is a very dedicated and charismatic individual with exemplary personal values who will address various topics related to high school tennis and the art of teaching high level tennis
- 9:00 to 10:00 a.m.** Session I: morning breakout groups.
10:00 to 11:00 a.m. Session II: morning breakout groups.
11:00 to 12:00 p.m. Session III: morning breakout groups.
- 12:00 to 1:00 p.m.** Lunch: Sandwich affair catered by the Hyatt Resort Staff
- 1:00 to 3:00 p.m.** Session IV & V: afternoon breakout groups (dependent on weather these sessions will either utilize the Hyatt's outdoor tennis facility or an area indoor tennis center located in Cambridge; shuttle bus/maps will be provided).

Of Interest to All Coaches:

- The first 80 coaches who register either Friday evening through overnight accommodations, on-line at www.MPSSAA.org, or on Saturday morning during coffee and donuts will receive a free copy of Friend At Court (USTA rules book).
- All Friday programs (Racquet Stringing Workshop and First/Second Year Coaches' Roundtable) require pre-registration by February 1, 2008. Coaches may register online at www.MPSSAA.org. In order to be held, the Racquet Stringing Workshop will require a minimum of 6 pre-registered participants; the Roundtable will require 20 pre-registered participants.
- Various giveaway drawings will occur during lunch.
- Breakout group selection and sign-up will occur during the coffee/donut social Saturday morning.
- Cancellation due to inclement weather will be announced through the **Hyatt Regency Chesapeake Bay Resort** 410-901-1234
- Directions to the **Hyatt Regency Chesapeake Bay Resort and Spa** are available at their website www.chesapeakebay.hyatt.com

Morning Breakout Groups

Directions:

Each coach may select from the list below and attend any three of the workshops during the breakout sessions.

1. **The Doubles Connection**
Kim Z. Dillard: (see attached bio) a middle school P.E. teacher in Northern Virginia, high school tennis coach and a teaching professional will discuss how to develop better doubles partners and coach effective high school doubles. **This presentation has always been extremely popular.**
2. **Organizing the chaos: tricks for success in coaching high school tennis**
Jackie Wood: Coach at Cambridge South Dorchester High School in MD always fields large numbers of determined young players. Jackie is especially gifted with various organizational skills which she will share with coaches. Numerous hand-outs will also be available.
3. **Building Mental Toughness**
John Morgan Ph.D.: A well known sports psychologist who has worked extensively with many young high school athletes in the Richmond, VA area will offer his insight into what coaches can do to guide their players through difficult emotional and mental situations.
4. **Developing a Fit Player: Drills without the Racquet**
Michael Duquette: (see attached bio) Washington College's current Strength and Conditioning Coach and a former standout player from UVA will present his unique methods of developing better athletic performance through off-court workouts that are geared toward athletes of various fitness levels. His workshop will focus on working with players' particular strengths and instincts without the use of any exercise devices. In other words... his workouts are simple, intense, and cheap!
5. **Maintaining the Frame**
Bicky Roche: is a well-known racquet stringer on the eastern shore who will provide coaches with information regarding stringing, gripping, utilization of weight, racket size, etc. He will be teaching coaches how to quickly repair racquets and instructing those who are interested in the basics of stringing. Questions regarding racquet size and weight will also be addressed.
6. **Coaching Tennis Teams for Excellence**
Mark Seidenberg and Paul Fisher (see attached bios) coach two of the best girls' and boys' tennis teams in the state of Virginia. Mark has traveled from Richmond to offer his coaching philosophy and insight, while Paul arrived from Northern Virginia. They will highlight their approach to better attitudes, discipline, and training.
7. **Turning Good Athletes Into Great Tennis Players At the University of Maryland Tennis Center**
Vesa Ponkka and Martin Blackman (see attached bios) are well known throughout the Mid Atlantic Region for their ability to shape junior players into champions. They will offer insight and drills for developing the more talented players on a high school team and provide some direction for coaches to better utilize the training facilities available at the UMTC.

8. Quick Start tennis

Alicia von Lossberg (see attached bio). Come get familiar with the new play format for kids 10 & under. Yes, you may have been using foam balls and graduated length racquets for younger kids but were you leaving them on a regular court size? If so, you limited their playing ability and success and may have sent them packing to another sport! Find out about this format and how you can use it as a tool to build young players into competitors who will eventually strengthen your high school team. Learn about proper techniques to separate beginning players by ages and present age-appropriate practices before play. High School coaches should be promoting “practicing” then playing, rather than “lesson taking”. Be on the cutting edge of this movement!

9. Large Group Drills

Larry Karageanes (see attached bio), a well known tennis coach and teaching pro from North Carolina, will present large group drills and practices involving up to 48 players on 6 courts or less. These are self-run drills that will enable coaches to roam and look at two practice formats (match play and skills development).

Afternoon Breakout Groups

(Hyatt Courts or Bay Country Racquet Club)

Directions:

All coaches should plan on attending both afternoon sessions for on-court drills. Coaches who wish to actively participate in drills should bring their own gear.

1. Training better players:

Vesa Ponkka: (see attached bio) this years’ keynote speaker, along with Martin Blackman will utilize two courts for drills. Coaches have particularly enjoyed Martin’s on-court presentations concerning training players. The opportunity to work with both Martin and Vesa is an exciting prospect for all coaches.

2. Drills for Doubles:

Kim Dilliard: (see attached bio) back again to teach coaches high-powered drills and strategies to develop better doubles chemistry. If like last year he and Martin decide to team up we are in for a treat!

3. Pro/Toss/Action Drills:

Larry Karageanes: (see attached bio) Pro Toss Action Drills; movement drills that can handle large groups and different levels on the same court with the coach tossing feeds standing on the same side as the players. There are many advantages to these drills including: coach doesn’t have to hit feeds, players give better effort, and they’re fun!

Presenter Biographies

Vesa Ponkka

Vesa is the Co-Director of Coaching at the Junior Tennis Champions Center located at the Tennis Center at College Park and is USPTR/USPTA High Performance Certified. For the past 16 years, Coach Ponkka has trained top junior players in the United States and Europe for ITF Junior Grand Slams, NCAA competition, and ATP and WTA tournaments. His pupils have achieved Junior World Championships, #1 Junior World doubles rankings, #2 Junior World singles rankings, Junior Grand Slam Titles, several National Championships several professional (Futures) titles, as well as All-American Honors and numerous top 10 national rankings. Earlier in life, Vesa was a member of the Finnish Davis Cup Team, an ATP tour player and an NCAA All-American in college.

Vesa's favorite sport is soccer for its passion and global effect on individuals. He admires Bjorn Borg for his iron will, determination and competitive spirit. His role models are his parents who instilled their values of hard work and little tolerance for excuses. Vesa's greatest personal achievement is his family. He is proud of his 16 year marriage to his wife Kim and hopes to continue to raise his daughters Nicole and Victoria with values that demonstrate tolerance, passion, and fortitude in the game of life. Vesa works every day to provide a safe and stimulating growing environment for his children.

"In the Finnish language, we have a special word "sisu", which means "unyielding courage, stamina and fortitude", a true Champion in life and on the court has SISU", says Ponkka.

Martin H. Blackman

Martin H. Blackman, formerly the Head Men's Tennis Coach at American University in Washington D.C., is the director of the University of Maryland Tennis Center and a Director at Large of the USTA Board of Directors. He was also the featured speaker for 2005's USTA/Maryland District awards luncheon.

During his three-year tenure as coach, Martin led the American University team to its first-ever National ranking (No. 69). He was voted 2000 Coach of the Year in the Colonial Athletic Association Conference, and after changing conferences, was voted Patriot League coach of the year in 2001. For his final season, the A.U. men repeated as Patriot League Champions 2002-03, and Coach Blackman was once again named Coach of the Year.

Prior to coaching, Martin enjoyed a five-year professional tennis career highlighted by nine professional titles and appearances at all four Grand Slams from 1991-1994.

Martin was an outstanding junior, winning five Junior National Championships. He was a member of three Junior Davis Cup Teams (1986-89) and was a member of two NCAA National Championship Teams at Stanford University, where he teamed with U.S. Davis Cup Team Captain Patrick McEnroe, Jeff Tarango and fellow USTA Board member David Wheaton.

Since retiring from active competition in 1994, Martin has been involved with a number of community-oriented programs. From 1998-99, he was an Assistant Director for the Center of Excellence, an academic and mentoring program for underprivileged children in the Washington D.C. area. Also during 1998, Martin was a Resume counselor at Jubilee Jobs, a non-profit organization that assists at-risk adults in finding employment.

Martin went back to school after completing his pro career, earning a B.A. in economics from George Washington University in 1998 and is currently completing a Masters in Business and Administration from American University.

Coach Blackman lives in Silver Spring with his wife Sennait and their three young children.

Kim Z. Dillard

Kim Dillard has been the Director of Tennis at Sedgefield Country Club in Greensboro, North Carolina, since 1991. He earned the title of Master Professional in the USPTA in 1995, and he is certified in the USPTA. He has served on the Prince Advisory Staff since 1994. He has published more Tennis Tips in Tennis Magazine than any other tennis professional in the country. Kim ranked Number 2 in the National for USPTA Professionals in the 40 Doubles Division in 1998, was the First Vice President of the USPTA Southern Division in 1997, and was Division Pro of the Year of 1994.

Kim is a National Speaker on Doubles and spoke at the National Super Show in Atlanta and at the USPTA World Conference in Cancun, Mexico, in 1997.

Kim played on the Yorktown High School State Championship team under coach Peter Scott from 1969-1972. While attending High Point University, Kim finished number one singles and doubles winning All District and All Conference titles. The tennis team finished number 4 in the National NAIA division as their highest finish. He worked as Assistant Tennis Professional under Rod Dulany, (USPTA Master Professional, Past President and National Pro of the Year) from 1972-1976. He taught Elementary Physical Education for 11 years and is listed in Who's Who Among Americas Teachers for 1989.

Having taught and coached tennis for over 27 years, Kim's teaching experience includes high school, college, USTA Area Training Center (Head Coach), nationally ranked juniors and adults, and special populations including wheelchair athletes, hearing impaired, and Special Olympic athletes.

Alicia P. von Lossberg

Alicia is currently the Community Tennis Administrator for the U.S.T.A. in Maryland as well as the former owner/ director of the Blue Ridge Tennis Camp at Mount Saint Mary's College. In 2004 she was named P.T.R. (Professional Tennis Registry) Maryland Pro of the year. She served as head coach of the men's/ women's tennis teams at Mount Saint Mary's College. Her teams captured five Northeast Conference titles. Her number 1 player went to the NCAA's two years in a row and was ranked as high as eight in the nation. Alicia also coached the women's team at West Virginia University. Her tennis travels have included time spent working and competing in Vermont, Pennsylvania, West Virginia, and South Carolina.

Dr. John Morgan

John graduated from Penn State with a degree in Child Clinical Psychology and has been active in local government, community mental health, and substance abuse and prevention programs. He currently works for a 'think tank' analyzing and researching children's policy issues. John volunteers his expertise in sports psychology to high school teams, helping them maximize the benefits of participation in athletics.

Larry Karageanes

Larry Karageanes is a new and long awaited addition to our workshop and with his busy schedule we are all excited to offer his expertise to high school coaches. He currently operates “Club and Resort Tennis Services”. One of the company’s websites, www.highschooltenniscoach.com provides drills, video clips, practice plans, the line up and strategy maker as well as forums for high school tennis coaches. He has been in the tennis industry for over 20 years, working at two of the top 50 tennis resorts in the country for ten years and at one of the premier country clubs for the past 13 years. He was also a Competitive Training Center Coach for the USTA in North Carolina as well as the coach for Hilton Head Prep School. He currently directs the tennis program at one of the top summer camps in the country and is the Riverside High School Boys Tennis Coach. A member of both the PTR and USPTA, he conducts seminars and specialty courses at both international conventions. He has also made presentations at the USTA Tennis Teachers Conference and numerous state and divisional workshops.

Michael Duquette

Michael Duquette is beginning his fifth season as the Strength and Conditioning coach at Washington College. Michael played collegiate tennis at the University of Virginia, where he was a nationally ranked doubles player and served as team captain as a senior in 2002-2003. He is extremely well versed in both the selection and development of doubles players and teams.

Mark Seidenberg

Mark teaches psychology and coaches girls’ tennis at Mills Godwin High School in Richmond Virginia. During his coaching career there his teams have compiled an overall record of 142 wins and 22 losses. They have won 8 district, 5 regional, and 5 state championships (the last three of which have been consecutive). Interestingly, he was also the boys’ basketball coach for twelve years at Mills Godwin High School. He is a graduate of Randolph Macon College and also coached boys’ tennis at Douglas Freedom High School in Richmond from 1987-1990.

Paul Fisher

Paul is a teaching pro from Northern Virginia whose Robinson High School Boy’s Program is probably the best known team in Mid-Atlantic public school tennis. His expertise and calm demeanor represent the highest aspects of coaching in our sport.

Bruce Damasio

Bruce, the former tennis coach at Liberty High School in Central Maryland and a current assistant at Loyola College, has received numerous educational honors including Outstanding Secondary Social Studies Teacher of the year 2002 and Carroll County Teacher of the Year 1991. His lifelong passion for the game is well known in Maryland tennis coaching circles.

Shelden Gunther

Sheldon is a P.E. Teacher who crossed over from High School Soccer to Tennis Coach in 2005 at Queen Anne’s High School. He has created a large and enthusiastic player base among high school athletes and is on the verge of establishing a tennis program which can compete at the highest levels of Maryland tennis.

Demetrus Fisher

Demetrus is the women's tennis coach at Queen Anne's County H.S. He is a 4th grade teacher at Kennard Elementary School in Centreville, MD and has been coaching for several years. He didn't start playing tennis until he began coaching in 2001 however, along with Sheldon, he has established a large program of excited players.

Doug Garrett

Doug is the Varsity Girls' Basketball and Varsity Girls' Tennis coach at Midlothian High School near Richmond, Virginia. He is another coach who arrived to the sport later in life, however, his tennis teams are composed of a large group of excited and competitive young players. Doug's enthusiasm for tennis will be quite evident to colleagues at the Workshop.