



Conference NYC

The Art and Science of Coaching Female Players

Friday, August 25, 2017

GTN WORKSHOP Morgan Ballroom Center Court

10.00am - 2.00pm **GTN workshop:** Vanderbilt Tennis Club
Address: 15 Vanderbilt Ave, New York, NY 10017
Phone: 212.599.6500

EARLY REGISTRATION

Morgan Ballroom New York Marriott East Side
525 Lexington Avenue at 49th Street, New York, NY 10017

5.30pm - 6.30pm Conference registration open: Morgan Ballroom



Conference NYC

The Art and Science of Coaching Female Players

Saturday, August 26, 2017

REGISTRATION

8.00am - 9.20am Registration open
8.00am - 9.20am Trade show open - Players Lounge

FIRST SET **Morgan Ballroom Center Court**

9.30am - 9.40am Welcome: Sarah Stone, Brian Parkkonen
9.45am - 10.15am Dr Mark Kovacs: The female serve
10.15am - 10.45am Joanna Goldin: Is your player really injured
10.50am - 11.20am Dr Erin Boynton: Poor throwing mechanics and shoulder injuries
11.20am - 12.00pm Oivind Sorvald - Using video analysis in the communication with female players

Lunch Break

12pm - 2pm Trade Show Open - Players Lounge

EMPOWER HOUR EMPOWERING FEMALE COACHES

12.30pm - 1.00pm Emma Doyle: Stretch your comfort zone
1.00pm - 1.30pm Panel: Michele Krause, Patricia Hy, Ann Grossman

SECOND SET

2.00pm - 2.30pm Dr Michelle Cleere: Conscious coaching
2.30pm - 3.00pm Ralph Van Der Horst and Bo Verhulsdonk: Explosive first step
3.00pm - 3.30pm Matt Kuzdub: Change of direction
3.30pm - 4.00pm Mike Barrell: Me in the Middle! Why girls play!
4.00pm - 5.00pm Tennis Locker presentation: Modernized Operations, Insightful Analytics
Tracking female athlete trends
4.00pm - 5.30pm Trade show Open "Players Lounge"

SOCIAL EVENT

5.00pm - 7.00pm Social networking event for attendees and speakers
8.20am - 9.50am Trade show open - Players Lounge



Conference NYC

The Art and Science of Coaching Female Players

Sunday, August 27, 2017

THIRD SET Morgan Ballroom Center Court

9.30am - 10.00am Judy Murray: Keeping girls in tennis
10.00am - 10.30am Lindsay Davenport: Coaching insights after a playing career
10.30am - 10.45am Panel: Brenda Schultz-McCarthy, Casey Dellacqua, Leslie Allen
11.00am - 11.30am Gigi Fernandez: Mastering women's doubles
11.30am - 12.00pm Bill Riddle, Breaking down the barriers

Lunch Break

12.15pm - 2.00pm Trade Show open "Players Lounge"

TEAM WORK SMALL GROUP SESSIONS

1.20pm - 1.50pm Ralph Van Der Horst, Michelle Krause

THE FINAL

2.00pm - 2.30pm Alistair McCaw: Motivating players
2.30pm - 3.30pm Craig O'Shannessy: The female development pathway
3.30pm - 3.45pm Kathy Rinaldi: The supporting role of a coach
3.45pm - 4.15pm Mary Pierce: Coaching keys to creating Grand Slam champion
4.15pm - 5.15pm Trade show Open - Players Lounge

Speakers and Panelists



Lindsay Davenport

Lindsay Davenport is the current coach of American player Madison Keys. Their coaching partnership started at the commencement of the 2015 season. The pair have made a fast impact together with Keys advancing to the semi-finals of a Grand Slam tournament for the first time at the Australian Open. After taking the season off in 2016, they have teamed up again for 2017.

As a player, Lindsay was ranked world number one on eight different occasions, for a total of 98 weeks. Davenport is one of five women who have been the year-end world number one at least four times (1998, 2001, 2004, and 2005).

Lindsay is also one of only a handful of players to have also achieved the No. 1 ranking in doubles. Davenport won singles Grand Slams at the Australian Open, Wimbledon and the US Open, a singles gold medal at the 1996 Olympics, and the WTA tour championships. She also won 38 WTA Tour doubles titles, including three Grand Slam titles. Davenport, who is a passionate advocate for women's tennis, was inducted into the International hall of fame in 2014. Amongst her career accolades and numerous awards including; 1996 (ITF) World Champion in women's doubles, the 1998 ITF World Champion in women's singles and doubles and the 1998 and 1999 WTA player of the year. Davenport was the winner of the Diamond ACES award in 1998 and 1999 and in 2007 was named the WTA comeback player of the year.



Judy Murray

Judy Murray is the former captain of the GB Fed Cup team and has been a tennis coach for over 20 years. She's best known for being mum to Wimbledon champions Jamie and Andy Murray, but she also holds 64 Scottish titles herself. Plus, she's internationally recognized as one of the world's best skill developers in young players. Judy graduated from Edinburgh University, and represented Great Britain at the World Student Games. Murray was awarded an honorary doctorate by the University of Edinburgh on 8 October 2013. On 24th November 2016 she received a second honorary doctorate from Aberdeen University.

Judy believes there should be more female tennis stars and so she created Miss-Hits to make the sport more welcoming and exciting for girls aged 5 – 8. As a member of the government's Women in Sport strategy group, Judy is thrilled that Miss-Hits has increased the number of female coaches. Away from sport, Judy's a big fan of musicals, Strictly Come Dancing, darts, cakes, and weeding – yes, weeding!

Speakers and Panelists



Mary Pierce

Mary Pierce is a four-time Grand Slam champion including singles titles at Roland Garros and the Australian Open. She reached a career high ranking of number three in singles and doubles. She won 18 singles titles and 10 doubles titles on the WTA tour. Mary currently spends most of her time on the island of Mauritius in the Indian Ocean. She enjoys reading and studying the Bible, listening to Christian music, going to church, taking missionary trips to Africa, swimming, walking, cycling, boating, jet skiing, going to the beach, spa, wildlife/animals, playing cards, and all board games and puzzles. Mary is very passionate about getting more females into coaching.



Dr Mark Kovacs

Dr. Mark Kovacs is a performance physiologist, researcher, professor, author, speaker and coach with an extensive background training and researching elite athletes. He currently runs a consulting firm focused on optimizing human performance by the practical application of cutting edge science. He formerly directed the Sport Science, Strength & Conditioning, and Coaching Education departments for the United States Tennis Association (USTA) and was the Director of the Gatorade Sport Science Institute. He currently serves as the Executive Director of the International Tennis Performance Association (ITPA). Dr. Kovacs is a Fellow of the American College of Sports Medicine (ACSM). He was an All-American and NCAA doubles champion in tennis at Auburn University and earned his PhD from the University of Alabama. He is a Certified Strength & Conditioning Specialist (CSCS), Certified Tennis Performance Specialist (CTPS) and Master Tennis Performance Specialist (MTPS) through the ITPA, and in 2012 he was the youngest ever recipient of the International Tennis Hall of Fame Educational Merit Award. He has worked with hundreds of elite athletes in dozens of sports providing high performance sport science services in the lab, on the court, field, pitch, track and ring. He now travels the world speaking at conferences and to corporations and universities, in addition to video shoots and interviews.



Johan Kriek

Johan Kriek has won two Australian Opens, was a semi-finalist at the US Open, reached the semi-finals at the French Open and the quarterfinals of Wimbledon. He has won 14 professional singles and 8 doubles titles, reaching an all-time high ranking of Number 7 in the world. Kriek's most memorable wins include victories over Andre Agassi, Jimmy Connors, John McEnroe and Bjorn Borg. Johan founded the Johan Kriek Tennis Academy which is dedicated to a modern game mentality, recognizing that upcoming tennis stars today and in the future have needs for training and motivation that are changing every year, and need to be individualized for each student. We know students are motivated by a diverse skill-set, both on and off the tennis courts.

Speakers and Panelists



**Brenda Schultz
McCarthy**

Brenda Schultz McCarthy reached a career high singles ranking of number 9 and a career high doubles ranking of number 7. She reached the quarterfinals at Wimbledon and the US Open in 1995. In July 2006, Schultz-McCarthy claimed her place as the fastest server in WTA history, recording a 130 mph (209 km/h) serve. During her career, Brenda won 7 singles and 9 doubles events on the WTA tour. She was a member of the Netherlands Fed Cup team in 1988-1990, 1992, 1994, 1996-97, and 2005. Brenda has done a significant amount of coaching since retiring from her playing career. She founded her own academy and has worked with several professional tour level players. She also has her own summer camps. Brenda resides in the United States.



Craig O'shannessy

Craig O'Shannessy is widely recognized as the world leader in teaching and analyzing tennis strategy. Craig specializes in this specific area of the sport, creating his online Brain Game Tennis business to teach players, coaches and fans the patterns of play, and winning percentages that dominate our sport. Tennis analytics pioneer and frequent contributor to the NYT. Craig's coaching experience has been developed on courts all over the world in the past 20 years, making him a leader and one of the most respected teachers in tennis. Craig has coached extensively at the Grand Slam level, specializing in teaching strategy and patterns of play that make the difference in a player's career. He equally enjoys nurturing the development of juniors, bringing together the strokes, strategy and emotional aspects of tennis for young players. At Wimbledon in 2011, Craig directed #262 Melinda Czink, from Hungary, to a first round, straight-sets victory over world #10 Samantha Stosur, of Australia.



Casey Dellacqua

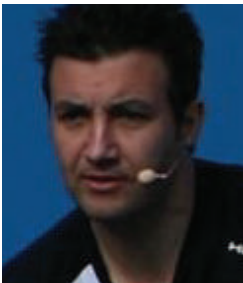
Casey Dellacqua is one of the most popular players on the WTA tour. Casey reached a career high singles ranking of number 26 and career high doubles ranking of number 3. During her career, she has won 5 career WTA doubles titles. She was also the 2011 Roland Garros mixed doubles champion and finalist at all four Grand Slams in doubles. Dellacqua is a long-time member of the Australian Fed Cup Team, representing her country between 2006-08, 2010, 2012-15 and again in 2017. The proud Aussie was an Australian Olympic Team member in 2008 and 2012. In 2014, she was a singles quarterfinalist at Indian Wells. Casey resides in Sydney, Australia and is the mother of a boy and a girl.

Speakers and Panelists



Joanna Goldin

Joanna Goldin graduated from Physical Therapy school in London, England in 1983. Since that time, she has specialized in the treatment of orthopedic patients and sports injuries. Joanna is a lecturer to other physical therapists in both the US and England. Joanna is the current USA Fed Cup team physiotherapist and is a former physical therapist on the women's professional tennis tour, traveling around the world to different WTA events. She owned Sport and Spine Physical Therapy for 12 years and currently of an Australian company named DorsiVi. Joanna also likes to play tennis, travel, ski and enjoys family time.



Mike Barrell

Based in the UK, Mike has taught tennis for over 25 years working with players of all levels and is the Founder and CEO of evolve9. Mike has presented at numerous National and International conferences and authored magazine articles and manuals. Mike's programs include the GTN – Girls Tennis Network. He has worked on programs for USTA, Tennis Australia, LTA (GB), Chinese Tennis Association and many other tennis nations including Holland, Norway, Estonia, Cyprus and Hungary. Mike was the author of the ITF Tennis10s Manual and has been a major contributor to Under 10 programs around the World. As well as his role as Director of evolve9, he also works for the LTA as a Coach Education Master Tutor, delivering coach education, certification and training. An LTA Level 5 Licensed Coach, he was also the 2007 PTR Professional of the Year.



Dr. Erin Boynton

Dr. Erin Boynton is an orthopaedic surgeon, expert medical witness, consultant to the Toronto Blue Jays, and past-chair of the research committee for the Canadian Orthopaedic Foundation. Throughout her career as a surgeon and sports doctor, she has worked with many professional sports teams, including the Toronto Maple Leafs and the Toronto Argos, and she was the first female orthopaedic surgeon to work in the MLB and NHL. For the last sixteen years, she has acted as the Medical Director for the Rogers Cup WTA tennis tour. Dr. Boynton has also worked as assistant professor of surgery and physical therapy at the University of Toronto, and is the co-author of over thirty academic papers. She has lectured at hospitals, universities, and conferences around the globe, and is the recipient of multiple research grants, honors, and awards, including the J. Edouard Samson Award which recognizes the best career orthopaedic research in Canada.

Speakers and Panelists



Dr. Michelle Cleere

As an elite performance expert, she helps top athletes, musicians, and executives in competitive fields unlock the power of the mind and create the mental toughness to be the best. Having struggled most of her life with her own performance hurdles, she is driven by not wanting others to experience the same battles. Dr. Michelle helps her clients release performance anxiety, gain more confidence, and build resilience. With a PhD in Clinical Psychology, a Masters in Sports Psychology, and years of hands on research, she is well grounded in theory and expert knowledge.



Sarah Stone

Sarah Stone is the founder and chief operating officer of the WTCA. Australian native, professional tennis coach, Sarah Stone has been coaching on the WTA tour for over 10 years. A former professional player, Stone has a vast amount of experience at the very top of women's tennis. Currently she is the coach of American Fed Cup player Alexa Glatch. Formerly, Sarah was the coach of Samantha Stosur who was a 3 time grand slam champion whilst under her tutelage.



**Ann Grossman
Wunderlich**

Ann Grossman Wunderlich is the president of the Women's Tennis Coaching Association. Born in the United States, she competed on the WTA tour for over a decade from 1987 to 1998. She twice reached the 4th round in the French Open and once at the US Open and was ranked as high as 29 in singles and 31 in doubles. She recorded wins over Martina Navratilova, Conchita Martinez, Jana Novotna, Mary Jo Fernandez and Zina Garrison, and retired with an even 185–185 career record. She has since served on the USTA Olympic and Federation Cup committees. Ann has been coaching since she retired. Her students range from beginners to professionals. While under Ann's tutelage, Francesca Di Lorenzo reached the semi-final at the US Open junior event.



Emma Doyle

Emma Doyle has been in performance tennis coaching for over 20 years, specializing in improving the knowledge, skills and behavior of both coaches and players around the world. She has coached on the junior and senior tours, been the junior Fed Cup Captain and been an Australian National Selector. This Tennis Australia High Performance qualified (USPTA Elite & PTR Performance) coach is passionate about language and how the communication between the player and coach is the key ingredient to successful performances. In addition to her impactful on and off court workshops, she specializes in mind set conditioning programs using NLP (Neuro-linguistic programming) methodologies to maximize performance for beginning players through to WTA tour players and coaches.

Speakers and Panelists



Kathy Rinaldi

Kathy Rinaldi is the current Fed Cup captain for the United States. As a player, she reached a career high singles ranking of number 7 and a doubles ranking of 13. During her playing career, she recorded three singles victories over Steffi Graf and won three singles titles and two doubles titles on the Sony Ericsson WTA tour. She won WTA Newcomer of the Year her rookie year on the tour and also received Comeback Player of the Year several years later. Kathy reached the semifinals of all the Grand Slams in singles, doubles or mixed doubles. She also mentored Anna Kournikova for the WTA Mentoring Program.

In 2008, Kathy joined the USTA Player Development. She served as coach of the U.S. Fed Cup team under Captain Zina Garrison in 2006 and 2008. She also won eight USTA national junior titles, as well as the Girls' 18s title at the Orange Bowl International Junior Championships in 1981 at age 14. She has been a television analyst for ESPN International for the past 5 years and was named USIC National Coach of the Year in 2011. Kathy has worked with a lot of America's current WTA tour players, including Samantha Crawford and Taylor Townsend.



Gigi Fernandez

Born in San Juan, Puerto Rico, Gigi Fernandez was first introduced to tennis on her seventh birthday with tennis lessons as a gift from her parents. After a year at Clemson University, where she reached the NCAA finals as a freshman, she turned professional in 1983, becoming Puerto Rico's first female professional athlete, in any sport.

Her illustrious career included winning 2 Olympic Gold Medals and an astounding 71 titles on the WTA tour, including 2 singles, 52 doubles and 17 Grand Slam doubles titles. Gigi Fernandez is recognized as one of the best doubles players of all-time.

Gigi was known for her doubles prowess, but her gregarious nature also made her a fan favorite. Among her great honors, Gigi was named Puerto Rican Athlete of the Century and was inducted into the International Tennis Hall of Fame in 2010. As a coach, Gigi now shares her expertise and passion for tennis working with adults at Chelsea Piers in Stamford CT and conducting Master Doubles with Gigi Clinics throughout the country.

Gigi has a Masters in Business Administration (MBA) from the Crummer Rollins School of Business. She is the proud mother of six year old twins, Karson and Madison.

Speakers and Panelists



Brian Parkkonen

Brian is the Director of Development at the Professional Tennis Registry. He has earned PTR Master of Tennis - Performance and is a Clinician and Tester in all four PTR education and certification pathways. Additionally, he is certified as both an Etcheberry Strength and Conditioning Coach and USTA High Performance Coach.

In 2013, Brian was awarded PTR Member of the Year for South Carolina. As Director of Development, his responsibilities will include the scheduling and coordination of all PTR Certification Workshops in the USA, and ensuring that workshops are held in all 50 states each year. Coming full circle, Brian started his career at the Van der Meer World Class Academy as Head Pro and Director of College Placement. He was selected by the USTA as the Head Coach for Southern Junior Cup, Southern and Zonals, and is the former Chair for USTA South Carolina Player Development. Brian coached WTA player, Sanaz Marand, from 1180 in the world to Top 300.



Alistair McCaw

Allistair's drive and focus has always been a simple one: To make those around him better. A big part of his philosophy is geared around self investment and continual life learning. Highly motivated and now into his 21st year of training and consulting, he is driven by a deep desire to learn, share, and empower those he works with. Allistair has worked extensively with WTA tour players including, Dinara Safina, Svetlana Kuznetsova, and Mirijana Lucic.

Allistair has presented in over 25 countries worldwide. Some of those assignments have included the Netherlands Olympic Federation, Australian Tennis, USPTA, NCAA colleges and numerous other sports academies and clubs. Never afraid to lead by example, he was himself a former world class athlete in the sport of Duathlon, competing in 5 world championships. In 2013, he completed an astonishing 12 marathons in 12 months, a challenge he put upon himself to test his very own methods in athlete training and recovery.

Based in Florida, USA, Allistair consults and works closely together with teams, colleges, coaches, athletes and parents who simply strive for better. He contributes articles to various magazines on performance enhancement training, movement, motivation, and mindset.

Speakers and Panelists



Patricia Hy-Boulais

Patricia Hy-Boulais was born in Phnom Penh, Cambodia, but left for Hong Kong at the age of six. She represented Hong Kong during the early stages of her career and into her professional career, which started in October of 1986, but in 1991 she became a citizen of Canada. Hy-Boulais then married her husband, Yves Boulais on November 19, 1994.

As a junior, Hy-Boulais captured the junior Wimbledon doubles crown with American Patty Fendick and also advanced to the final of the singles that same year. She attended the Bradenton Academy high school in Florida in 1983 and then attended the University of California-Los Angeles (UCLA), where she became an All-American in 1984 for two years before becoming a Canadian citizen. She represented Canada at the 1996 Summer Olympics in Atlanta, Georgia, but was eliminated in the second round by tennis star Monica Seles.

In 1996, Hy-Boulais reached the fourth round at Wimbledon upsetting Natasha Zvereva and Nathalie Tauziat along the way. She is also a two-time Canadian national champion in singles and doubles and was a member of the Fed Cup team from 1991 to 1997. One of her best results was in 1992 when she advanced to the quarter-finals at the US Open with victories over top players Jennifer Capriati and Helena Sukova, before falling to the eventual champion Monica Seles.



Michele Krause

Michele Krause is the Cardio Tennis Manager working for the Tennis Industry Association (TIA). Cardio Tennis is a fun, group fitness activity consisting of fast paced tennis drills and games for players of all ability levels, providing a full body calorie-burning workout. Michele has overseen the program since its inception in 2005. Since the rollout, there are now 1,800 Authorized Providers and 1.4 million Cardio Tennis participants in the US. The program has spread to over 30 countries.

Michele oversees the entire Cardio Tennis program both in the US and internationally. Her responsibilities include all the day-to-day operations: administration, programming, curriculum, event planning, training and marketing. Internationally, she has conducted courses in Portugal, the UK, the Caribbean, Ireland, Poland, Greece and Canada. She spent 2 years working with Tennis Australia helping them develop the program for their country.

Michele has developed Cardio Tennis Kids, Supersize Cardio Tennis, and TRX Cardio Tennis. Cardio Tennis was featured on NBC's the Biggest Loser under Michele's guidance with Anna Kournikova, and she secured Anna as the Cardio Tennis spokesperson. Michele is a USPTA and PTR tennis professional who has managed tennis facilities throughout the US for over 16 years. She is formally educated in TRX Suspension Training and is a Certified Ignite 360 (Combine 360) Trainer. Michele received the TIA/PTR Industry Excellence award in 2012.

Speakers and Panelists



Bill Riddle

Bill is a veteran with over 29 years of college, junior, club coaching, and management experiences and is recognized as a High Performance Tennis Specialist by the PTR, USPTA, and USTA. He currently serves as the Director of Tennis for the Bluegrass Yacht and Country Club in Hendersonville, Tennessee and now also oversees the new tennis program at Temple Hills Country Club. For the last 20 years he has directed the tennis program at BYCC, coaching and teaching all levels of players.

Bill spent nine years coaching tennis at the collegiate level. His college teams and players have had success both on and off court at the national levels. He has coached 9 All-American players and numerous with national singles and doubles rankings. While coaching college tennis he was a two time recipient of the USPTA Southern Division College Coach of the Year award and a two time ITA/ USTA College Coaches Community Service award. Additionally, he was named TranSouth Conference Coach of the Year and Regional Coach of the Year. Bill not only coaches and teaches players from around the world to play tennis but also works with tennis coaches to help improve their coaching and teaching abilities.



Bo Verhulsdonk

Bo Verhulsdonk is a 33 year old former professional tennis player from The Netherlands. Verhulsdonk trained under American coach Cliff Snider in Tampa Bay, Florida. Additionally, Bo trained along side some of the world's best players at Saddle Brooke. During her time at the Academy, she spent time practicing with former world number one Jennifer Capriati.

In 2002, she played her first professional event on the ITF women's circuit. She played tournaments in Australia, Europe, Mexico, Cuba, and throughout the United States. Bo achieved a career high singles ranking of 578 before she was forced to retire prematurely in 2005 due to a herniated disc.

After doing 2 years of a physiotherapy degree, she decided to focus more on sports performance training, enabling her to work specifically with athletes. Bo has a wide range of skills including a certification in Mylogenics activation and release, Aalo fitness courses, and sports masseur at the National Academy of Sports Medicine (NASM).

Currently, Bo is working at a Specialized Sports Performance Center, where she trains athletes of all sports, including tennis (WTA tour players), volleyball, soccer, and basketball.

Speakers and Panelists



**Ralph
van der Horst**

Ralph van der Horst is the owner of a Specialized Sports Performance Center north of Amsterdam, Holland. Ralph and his team work with athletes from various professional sports, including tennis.

He is a qualified physical therapist and performance coach. Ralph undertook part of his performance training at EXOS in the United States.

Widely known in Europe as the “hamstring guy” it was a natural progression for him to become a published author. His book, “Hamstrings Explained” is a clear explanation of the hamstring muscle group and how to cure hamstring injuries.

Prior to opening his current performance center, Ralph worked as a performance coach, rehab specialist, and sports physiotherapist for Ajax Amsterdam (2011-2015), professional soccer club. Ralph specializes in hamstring rehab, ACL rehab, and complicated knee injuries. His experience includes working with elite athletes in tennis, soccer, volleyball, ice skating and basketball at the professional level.



Oivind sorvald

Currently, he is the Director of High Performance and Coach Education for the Norwegian Tennis Association (NTF), where he has conducted coach education courses for more than 20 years. Recently, Oivind established the TEN4 Academy in Oslo for the 25 best performance players in Norway. He created and organizes the annual PTR/Tennis Norway Symposium. Oivind also hosts PTR Certification workshops. He is a member of the Tennis Europe Development Committee. Earlier in his career, Oivind served as Director of Tennis for Van der Meer. He also had stints as the Tennis Director at the Oslo Tennis Club in Norway, followed by the Director of Tennis position at the National Tennis Center in Oslo. Level 3 educated, Oivind has coached tennis players for more than 30 years, and has 25 years experience of using video analysis. Oivind is on the ITF's Intro to Tennis Taskforce. This committee has been instrumental in the 10 and Under initiative, Play and Stay, and the recent Tennis Xpress program. He represents Norway at the ITF AGM and other industry events. Over the past decade, Oivind has developed a program and a method for analyzing technical and tactical factors in the game. He has worked as analyzer for several world class coaches for a couple of Top 10 world ranked female players. In the past five years has developed and implemented a new framework for coach education in Norwegian tennis. PTR members may recognize Oivind from the 2011 DVD Effective Feeding Techniques.

Speakers and Panelists



Matt Kuzdub

Matt Kuzdub is the founder of Mattspoint, an online tennis and strength & conditioning resource for coaches, players & fans of the game. Matt has helped tennis players at all levels - from juniors to the professional ranks - achieve high levels of performance at both the national and international stage. Mattspoint is steadily establishing itself as a go to source for cutting edge tennis & fitness research, articles and training videos. Matt, a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association, received his Master's Degree in Sport Science with a concentration in Strength & Conditioning through the University of Edinburgh in Scotland. At Edinburgh, Matt's research topics focused on sport science practices for tennis players - he was able to apply many of these training principles with Tennis Scotland. Previously, Matt graduated from York University in Toronto with a degree in Kinesiology and Health Sciences. Matt specializes in the development of elite tennis players, both on and off the court, using applied kinesiology, biomechanics & the latest in coaching/training theory.



Leslie Allen

Leslie Allen was an ATA, NCAA & WTA Champion. Allen was a member of the University of Southern California national championship team and graduated cum laude with a Bachelor of Arts in speech communications. She joined the WTA Tour in 1977 and went on to reach a career high ranking of #17 in the world.

In 1981, Allen became the first African American woman to win a major pro tennis tournament since Althea Gibson when she won the Avon Championships of Detroit. Allen was also a mixed doubles finalist at the 1983 French Open. After retiring from professional tennis, she became a television broadcaster and was also elected to the WTA Board of Directors. Allen founded the Leslie Allen Foundation to introduce young people to the 100+ careers behind the scenes in pro tennis. Through the Foundation's Win4Life program students are challenged to use the Win4Life 4D's (Desire, Dedication, Determination, Discipline) to succeed on and off the court. The Foundation's motto is "Tennis is more than just hitting a ball."

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- Central Park - W 50th st / 5th ave
- Central Park Zoo - E 64th St & 5th Ave, New York, NY 10021
- Empire State Building - 350 5th Ave, New York, NY 10118
- World Trade Center - 285 Fulton St, New York, NY 10007
- 9/11 Memorial - 180 Greenwich St, New York, NY 10007
- Time Square - 7th ave / W 47th st
- Statue of Liberty - Battery Park
- Broadway Theatre - 1681 Broadway, New York, NY 10019
- Yankee Stadium - 1 E 161st St, Bronx, NY 10451
- Metropolitan Museum of Art - 1000 5th Ave, New York, NY 10028
- **US Open** - Use mass transit to make your trip to the US Open convenient and cost-effective.
 - Subway: The 7 train provides easy service from Grand Central Terminal to Mets-Willets Point Station, including connections for all Metro-North Trains from Westchester and Connecticut. Service is also available from the Port Authority Bus Terminal.
 - Long Island Rail Road: LIRR provides easy service to Mets-Willets Point Station from Woodside, and convenient connections from Penn Station for New Jersey Transit customers. For guests with disabilities, get off the LIRR train at 61st/Woodside Station and transfer to the 7 train. Take the 7 train to Mets-Willets Point Station.
 - Online Schedules: The MTA website, mta.info, provides complete schedules and information about the most convenient ways to get to the US Open.