



## iTPA Master Tennis Performance Specialist (MTPS) Agenda and Information

Facility: Marietta Country Club  
1400 Marietta Country Club Drive  
Kennesaw, GA 30152

If you need to get a hold of iTPA staff for any reason that weekend, call 334-332-7378 and Mary Jo will assist. Breakfast and lunch will be provided each day. MTPS dinner Friday night at Marietta Country Club.

<b>FRIDAY Marietta Country Club Room: TBD</b>				
	<b>Topic</b>	<b>Focus</b>	<b>Time</b>	<b>Location</b>
9am	Introductions	Expectations and Requirements, including the introduction to the Periodization exercise	0.5 hours	Classroom
930am -1030am	Tennis Strokes using biomechanical principles to be able to analyze:  - possible errors which can result in increased risk of injury and reduced performance  - areas to improve through physical training to help improve the mechanics	Serve, forehand, backhand, volley & overhead  A practical analysis of strokes focused on improving performance and reducing the chance of injuries	1hour	Classroom (Mark)
1030am -12noon	Tennis Movement  Using biomechanical principles to be able to: Understand the most beneficial movement patterns on the tennis court for improved performance	Linking movement mechanics with improved on-court performance and the reduction of injuries	1.5 hours	Classroom
12noon-1pm	Testing & Assessment (Part 1)	Assessments	1 hour	Classroom

1pm-2pm	Lunch			MCC Grille
2pm – 4pm	Tennis Movement: - including dynamic warm-up routines	Advanced drills & exercises, errors & corrections	2 hours	Tennis Court
4pm-430pm	Break			
430pm-530pm	Periodization and Planning (Part 1)		1 hour	Classroom
530pm – 630pm	Dinner			MCC Grille

**SATURDAY Marietta Country Club Room: TBD**

	Topic	Focus	Time	Location
9am -10am	Testing, Screening & Assessments (Part 2)	Exercises, Assessments with Errors and Corrections	1 hours	Classroom
10am – 11am	Injury Prevention	Tennis Specific	1 hour	Classroom (Todd Ellenbecker Video)
11am-1130am	Tennis Specific Endurance	Science Behind Endurance Training For Tennis	30 minutes	Classroom
1130am-1230pm	Recovery & Nutrition in Tennis		45 minutes	Classroom
1230pm-115pm	<b>LUNCH</b>		45 minutes	MCC grille
115pm - 2pm	Periodization & Planning (Part 2)		45 minutes	Classroom
2pm – 3pm	Weekly Plans (Group Presentations)		1 hour	Classroom
3pm-315pm	Review of Follow Up Project Follow-Up Project	Exercise Prescription & Program Design Project	15 minutes	Classroom
315pm-4pm	Written Exam (short answer and essay format in response to case examples)	Testing Major Concepts	45 minutes	Classroom

## **Periodization and Planning Exercise**

On Saturday afternoon you will present a weekly plan for one of your athletes. You will have freedom to present in whichever format you feel is most appropriate. Certain parameters must be met. A weekly schedule for Monday –Sunday and include all physical training performed and also put in placeholders for the on-court tennis practices.

### **Include the following:**

Major focus of the week

Secondary focus (or focuses) of the week

Age

Gender

Level

Tournament Schedule the next 4 weeks

Weekly plan for all physical training

Also include the amount of tennis practice that week

Daily exercises, reps, sets

**15 minute presentation:** Be prepared to present this on a powerpoint (10 minute of explanation plus answer questions for 5 minutes)

**Post Work:**

Post Work (due within 10 weeks of course): Following the in-person workshop the participant will be evaluated on his/her comprehension and ability to apply the information learned from both the CTPS and MTPS curriculums. This evaluation will involve the participant working with one or more of his/her tennis athletes and the requirements for the post-work include a detailed video session (120 minutes) broken into the following 6 areas:

- 1) Testing/Screening
- 2) Dynamic Warm-Up
- 3) Tennis-Specific Movement Training Sessions (on-court)
- 4) Tennis-Specific Strength Training Session (either in the gym or on-court).
- 5) Post Training or Match Stretching & Recovery Routine
- 6) Shoulder, Hip and Core Prehab/Injury Prevention Routine

Video		
Testing/Screening	30 minutes	
Dynamic Warm-Up	10 minutes	
Tennis-Specific Movement Training Session	30 minutes	
Tennis-Specific Strength Training Session	30 minutes	
Post-Training or Match Stretching	10 minutes	
Shoulder, Hip & Core Prehab Program	10 minutes	
Written		
12 week periodization (2 athletes)	Written using whatever software/delivery method you currently use with your athletes	
52 Annual plan (1 athlete)	Written using whatever software/delivery method you currently use with your athletes	

**Written Final Examination:**

Focused on Specific Case Studies. The participant chooses 3 case studies (from the provided list) and has to answer 3 specific questions for each case study:

**Follow-Up Call:**

1-hour Follow-Up Call With Course Instructor to Discuss Answers and Review Materials and also to discuss next steps in Career Planning (optional).

**Rubric for Grading Post-Work**

	5	4	3	2	1	0
	Excellent	Good	Average	Below Average	Poor	None
Age Appropriate						
Exercise Selection (order, weight, tempo, etc.)						
Amount of Instruction						
Work:Rest Ratios						
Demonstration Ability						
Teaching skills (via progressions, cues etc)						