

# Tennis Coach Development Workshop

Sunday, January 26, 2020



**Conducted by Gundars Tilmanis (Til)**  
Certified with PTR and USPTA  
USPTA 5 Education Credits; PTR 6 MAP Points  
Oregon Episcopal School SPARC, Portland, Oregon

## Overview

The presentations and materials presented in this packed full day workshop are ideal for High School, Club and College tennis coaches as well as for parents who work with their children. There will be an opportunity to participate on court so be sure to bring your racquet!

## Guest Speakers

**Gundars Tilmanis:** Internationally recognized tennis coach, lecturer and author. Master's Degree in PE from U of O. Author of 3 books, including Advanced Tennis for Coaches, Teachers and Players (sold worldwide and translated into Spanish and German), A Manual of Group Tennis Drills and Prepare to Win.

**Jonathan Stark:** #1 player at Stanford for 2 years (NCAA champions), 2 Grand Slam titles ('94 French Open Men's Doubles with Byron Black, '95 Wimbledon Mixed Doubles with Martina Navratilova), ranked #1 in the world for men's doubles (1994), ranked #36 in the world for men's singles (1994), played Davis Cup singles and doubles for 4 years.

**Kirk Anderson:** USPTA (Master Professional, 2016 Pro of the Year); PTR (International Master Professional, 2012 Pro of the Year); ITF (Task Force Member since 2002); USTA (Director of Coaching Education and School Program Training for 27 years)

**Kurt Lindner:** Physical Education Specialist for 30 years. Coached high school teams for 30 years. Metro League Coach of the Year 7 times. 6A Rep for OSAA Seeding Chair for State Tournament. Asst Director 6A State Tennis Tournament. 2017 Section 8 High School Coach of the Year.

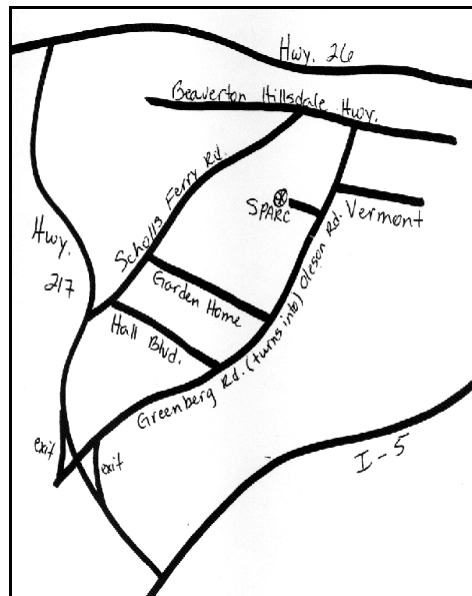
**Craig Zetterberg:** Physical Education Specialist for 30 years. Holds a MEd. 1981 Coach of Sunset High School Boys Tennis State Champions. Currently assisting Sherwood High School tennis teams.

**When:** Sunday, January 26, 2020

9 am to 5 pm (lunch included) (See reverse for full schedule)

**Where:** Oregon Episcopal School  
Sports and Recreation Center (SPARC)  
6699 SW Oleson Rd  
Portland OR 97223 (see map to the right)

**Cost:** \$95 per person (includes the Drills Manual)  
\$75 per person (if you already have the Drills Manual)  
*Note: An Assistant Coach accompanying a Head Coach may pay half price.*



**From I-5:** Take Hwy 217 north towards Beaverton. Take Greenburg Rd exit and turn right.

**From Hwy 26:** Take Hwy 217 south towards Beaverton. Take the Greenburg Rd exit and turn left.

**All:** Greenburg turns into Oleson Rd at Hall Blvd and Oleson Rd. Stay on Oleson Rd, going past the Dairy Queen at Garden Home Blvd. Continue on Oleson. You will soon go down a hill curving to your left. At the bottom of the hill, look for a green pillar on your left and the sign for SPARC. Turn left into SPARC.

----- Detach the form below and mail with your payment. -----

Name \_\_\_\_\_ School / Club / USPTA / PTR \_\_\_\_\_

Address \_\_\_\_\_

Phone and Email \_\_\_\_\_

- \$95 I plan to attend and will need a copy of the Drills Manual.
- \$75 I plan to attend and already have a copy of the Drills Manual.
- \$30 Please send me \_\_\_\_\_ additional cop(ies) of the Drills Manual.

**Make check payable to:** Gundars Tilmanis  
**Mail to:** Gundars Tilmanis, 1246 NW 122nd, Portland, OR 97229  
**Questions:** Gundars Tilmanis, 503-593-5046, [tiltennis@hotmail.com](mailto:tiltennis@hotmail.com)

### **A Manual of Group Drills for Competitive Players**

This outstanding tennis drill book was written and produced by Til for Tennis Australia. Both the USPTA and PTR sell this manual through their organizations. The International Tennis Federation (ITF) adopted the manual to use worldwide in their level 1 and 2 coaching courses.

If you cannot attend, consider sending an assistant or order the Drills Manual (\$30).

# Tennis Coach Development Workshop Schedule

## Sunday, January 26, 2020

Time	Location	Activity	Speaker
Session 1 9 - 10 am	On Court	Strokes and Strategies to help players develop a "game sense"	Gundars Tilmanis
Session 2 10:15 - 11:15 am	In Lounge	Warm up possibilities a) when you have time and space b) when you only have a short period of time c) when you don't have enough space	Craig Zetterberg
Session 3 11:30 am - 12:30 pm	On Court	Doubles Tips that will Make a Difference	Jonathan Stark Gundars Tilmanis
Lunch 12:30 - 1: 30 pm	In Lounge (provided for all)		
Session 4 1:30 - 2:30 pm	On Court	Partner Drills to keep all players active, motivated and engaged  Singles Tips that will Make a Difference	Kirk Anderson  Gundars Tilmanis
Session 5 2:45 - 3:45 pm	In Lounge	Helping our players learn to handle adversity and be mentally tough	Gundars Tilmanis
Session 6 4 - 5 pm	On Court	Drills for many players on one court a) warm up drills b) technique and strategy drills c) fun team building drills to close practice	Kurt Lindner
5 pm		Adjourn	