

**SMART  
FITNESS**  
INTELLIGENT TRAINING EFFECTIVE RESULTS

**E.X.F.**  
FITNESS  
EQUIPMENT

IF YOU ARE A TENNIS COACH, TRAINER OR PLAYER YOU WILL WANT TO ATTEND:

COMPLETE  
CONDITIONING  
FOR TENNIS

# WORKSHOP

The Complete Conditioning for Tennis Workshop has been developed to provide trainers, coaches, and players with a combination of lectures and hands-on learning experiences with top professionals working in the strength and conditioning industry.

## NORTHUMBERLAND TENNIS ACADEMY

### AND

## HIGH PERFORMANCE CENTRE

### FRIDAY 11<sup>th</sup> DECEMBER 2009

Northumberland Tennis Academy and HPC,  
North Jesmond Avenue,  
Jesmond,  
Newcastle Upon Tyne  
NE2 3JU



Discover how to develop tennis specific fitness – from baseline to net

FOR INFORMATION OR TO REGISTER CALL 0191 281 548

Friday 11<sup>th</sup> December 2009

Time	Session	THE PRESENTERS
09:15 - 09:45	Registration: a chance to grab some refreshments and meet the other delegates	<p><b>Nick Grantham</b> Recognised as a specialist in athletic preparation, Nick has helped athletes at all levels achieve their personal goals and ambitions. In his presentations Nick will introduce you to his world of performance-based training, where function comes first and physical benefits are unmatched.</p> 
09:45 -10:30	Physical Preparation For Tennis: Physiological Demands Of The Game	
10:30 -11:15	Performance Planning - Integrating Strength and Conditioning Into Your Tennis Programme	
11:15-12:00	Injury Reduction - Common Injuries And Exercises To Address Muscular Imbalances And Reduce Injury Risk	
12:00-13:00	Lunch: networking opportunities with presenters and attendees.	
13:00-13:45	Strength and Power Development - Developing A Robust Tennis Player	
13:45-14:30	Energy System Development - Metabolic Conditioning For Tennis	
14:30-15:15	Multidimensional Speed and Agility - Developing A Tennis Specific Movement Vocabulary	
15:15-16:00	Recovery and Regeneration - Training Hard Without Falling Apart	
16:00-16:30	<b>PANEL Q&amp;A</b> Ask the coaching staff any questions you have about strength and conditioning and fitness training for tennis	

5 REASONS TO ATTEND THE COMPLETE CONDITIONING FOR TENNIS WORKSHOP

- 2 great presenters
- 7 lectures
- 4 hands on sessions
- Q&A with the coaching staff
- Networking opportunities with presenters and attendees

ALL FOR ONE LOW PRICE

**£73**

EARLY REGISTRATION

(£97 after 13<sup>th</sup> November or £125 on the day)

The fee is inclusive of VAT and includes handouts, refreshments and a CPD certificate



# REGISTRATION

For Information call 0191 281 548

I WILL ATTEND: NEWCASTLE December 11th

## INFORMATION (PLEASE PRINT)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ POST CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_

E-MAIL (required for confirmation): \_\_\_\_\_

Occupation: Physiotherapist  Personal Trainer  Tennis Coach   
S&C Coach Other (specify)  \_\_\_\_\_

How did you hear about the event?

\_\_\_\_\_  
\_\_\_\_\_

## REGISTRATION FEES

Before 14 <sup>th</sup> November 2009	£73.00
Between 14 <sup>th</sup> November and 10 <sup>th</sup> December 2009	£97.00
On the day	£125.00

Total Fee Payable: \_\_\_\_\_

## PAYMENT

Please make cheques payable to: "NLTA Academy"

Registration form and your cheque can be mailed to:

NLTA County Office, North Jesmond Avenue, Jesmond, Newcastle NE2 3JU.

*CANCELLATION POLICY: All cancellations must be received 21 days prior to the event. Failure to cancel with sufficient notice will result in forfeiture of the registration fee. Substitute attendees may, however, be made following this date, if you have someone you'd like to take your spot. All cancellations received prior to 21 days before the event will receive a refund less a £15 administrative fee.*

**TOPIC 1: Physical Preparation For Tennis: Physiological Demands of The Game**

Tennis has evolved from a technical/tactical game, based on style and finesse to the current fast paced explosive sport based on physical abilities. The aim of this presentation is to provide you with an insight and understanding of the physical and physiological demands of competitive tennis match play.

**TOPIC 2: Performance Planning - Integrating strength and conditioning into your tennis programme**

In this session you will be shown how to successfully integrate strength and conditioning into your training programme. This session will show you how to get the most out of your players.

**TOPIC 3: Injury Reduction - Common injuries and exercises to address muscular imbalances and reduce injury risk**

During this session we will explore and identify common tennis injuries and the tennis demands and muscular imbalances that may play a role in causing them. We will show you how to develop an injury reduction programme, suggesting sport specific exercises with a view to reducing injuries and enhancing players performances.

**TOPIC 4: Strength and Power Development - Developing a robust tennis player**

Tennis is a fast paced game that requires precise movement coordination, agility, explosive strength, and endurance. This presentation will show you how to develop tennis specific strength and power ensuring your players are robust and able to withstand the demands of the game.

**TOPIC 5: Energy System Development - metabolic conditioning for tennis**

When developing endurance training programmes it is important to take into account the specific demands of the game. In this session you will discover why long slow steady state endurance training can be counter-productive. You will be shown how to implement tennis specific training sessions that closely mimic the high-intensity demands of the modern game.

**TOPIC 6: Multidimensional Speed and Agility - developing a tennis specific movement vocabulary**

Discover how to take your speed to the next level. This presentation will show you how to develop training programmes that put the player as close to tennis demands as possible. Not only will you find out the theory behind the training concepts, you will have a chance to experience them first hand during the hands on training session

**TOPIC 7: Recovery and Regeneration - Training hard without falling apart**

This session explores the emerging area of recovery and regeneration, looking at progressive overload and the development of fatigue, before tackling the area of recovery and regeneration. During the session you will examine the different types of fatigue and how we can effectively recover in order to optimise the training process. The recovery pyramid provides a framework for developing 'real world' strategies that will help your clients and athletes recover from the demands of training.