



TENNIS LUNCH & LEARN JANUARY 11, 2018

| | |
|---------------------|---|
| 8:30 am – 9:00 am | REGISTRATION |
| 9:00 am – 9:45 am | SESSION #1 (What is your why? – Team/Coaching philosophy) <ul style="list-style-type: none">- Coach Keith Swindoll, Indian Hills CC & Alabama Women's Tennis- 2013 Alabama Tennis Hall of Fame inductee- 2014 USPTA Southern Pro of the Year |
| 9:45 am – 10:00 am | BREAK |
| 10:00 am – 10:45 am | SESSION #2 (Creating a plan for Peak Performance) <ul style="list-style-type: none">- Jenny Robb, USTA Alabama- PTR Master of Tennis; USPTA Elite Professional |
| 10:45 am – 11:00 am | BREAK |
| 11:00 am – 11:30 am | AHSAA UPDATES – QUESTIONS & ANSWERS <ul style="list-style-type: none">- AHSAA staff |
| 11:30 am – 12:15 pm | LUNCH (to be provided) |
| 12:15 pm – 1:00 pm | SESSION #3 (Athletic Development & Training/Plyometrics for Tennis) (On Court at AUM) <ul style="list-style-type: none">- Coach Keith Swindoll & Jenny Robb |
| 1:00 pm – 1:15 pm | BREAK |
| 1:15 pm – 2:00 pm | SESSION #4 (Mental Training for your team) (On Court at AUM) <ul style="list-style-type: none">- Coach Keith Swindoll & Jenny Robb |
| 2:00 pm – 2:15 pm | CLOSING & DOOR PRIZES |

Certificate of Attendance will be given at the conclusion of the clinic. Location: 7325 Halcyon Summit Dr., Montgomery, AL 36117