

NJSCA 13th ANNUAL MEN'S/WOMEN'S
TENNIS COACHES CLINIC

Friday, January 8, 2010
8:00 AM - 2:45 PM

The College of New Jersey
Recreation Center
DIRECTIONS: SEE REVERSE

AGENDA

- 8:00 – 9:00 AM **Registration at Courts**
- 9:00 – 9:15 AM **Welcome & Introductions**
- 9:15 – 10:15 AM **Compete! On Court Mental Drills**
Rob Polishook, MA, CPC, Sport Psychology Coach
Inside the Zone Sports Performance Group
- 10:20 – 11:50 AM **Play-Based Drills for High School Team Practices**
Bill Mountford, Senior Vice President, World Team Tennis
Former Director of Tennis, USTA Billie Jean King National Tennis Center
- 11:50 – 12:30 PM **Break - Vendor & Demo Racket Time**
Q & A for New Coaches – Rules & Helping Hints
- 12:30 – 12:45 PM **NJSIAA Tennis Rules Update**
Jeff Rothstein, Trainer, NJHSTOA Tennis Officials
- 12:45 – 2:15 PM **Promote & Develop the Growth of Tennis: One Team One Goal**
Julie A. Bliss, Director, Junior Competition & Player Development,
USTA Eastern Section
Jenny Schnitzer, Managing Director, Player & Network Services,
USTA Eastern Section
- 2:15 – 2:45 PM **Q & A; Coaches Drill Sharing**

Attendees are encouraged to participate in On-Court activities. Tennis Attire/Racquet is recommended or suggested. Cancellations will be posted on the NJSIAA website: www.njsiaa.org (T) 609-259-2776 (FAX) 609-259-3047

NJSIAA is a New Jersey Department of Education "Provider": Six (6) credit hours

Name(s): _____ School: _____
 _____ Email Address: _____

Address: _____

Phone: _____ Business: _____

Please Circle One:

- \$50.00 2009 - 2010 NJSCA members
- \$70.00 Non NJSCA members
- \$80.00 Includes 2009 – 2010 NJSCA membership

****REGISTRATIONS MUST BE POSTMARKED OR FAXED BY JANUARY 4, 2010. On-site registration will be available the day of the event for an additional \$25.00 per attendee. All on-site registrations must be accompanied by check, money order, purchase order, or letter from the school principal guaranteeing payment. All Registrations postmarked after the above date will be considered on-site registration and the \$25.00 on-site fee will apply. Registration payments are non-refundable. Thank you.**

Please make check payable to NJSIAA and return with registration to: NJSIAA, PO Box 487, Robbinsville, NJ 08691,
Attn: NJSCA Tennis Clinic

Directions to TCNJ Campus

From I-80

Take I-80 East to the U.S. 206/Route 183 exit. Keep right at the fork in the ramp. Merge onto US 206. Take the I-287 South ramp toward Somerville (I-78)/Princeton. Merge onto I-287 South. Take the US 202 South/US 206 South exit. See directions below from *Continue on US 202 South.

From the New York State Thruway

Take the New York State Thruway/I-87 South. Take the I-287 South/Route 17 South exit. Merge onto I-287 South. Take the US 202 South/US 206 South exit. *Continue on US 202 South. At the Flemington Circle, continue on US 202/31 South. Exit US 202/31 onto Route 31 South (Trenton). Follow Route 31 South until the entrance to The College (about 1.5 miles past the junction of I-95, left at the third traffic light).

From I-95 South (Delaware/Philadelphia International Airport)

Using I-95 North, continue into Pennsylvania, through Philadelphia. Continue on I-95 North into New Jersey. Take exit 4 (Route 31/Pennington Road). Bear to the right off the exit ramp, you will be traveling south on Route 31. At the second traffic light (about 1.5 miles), make a left into the College entrance.

From Route 78 (Easton, PA and the West)

Take Route 78 East into New Jersey. Continue to exit 17 (Route 31 South/Flemington and Trenton). Continue south on Route 31 into the Flemington Circle. Take Route 202/31 South. Exit at Route 31 South (Trenton). Follow Route 31 South until the entrance to The College (about 1.5 miles past the junction of I-95, left at the third traffic light).

From the Pennsylvania Turnpike (Pittsburgh, PA and Ohio)

Take the Pennsylvania Turnpike/I-276 East to the Philadelphia/US 1 exit. Keep left at the fork in the ramp. Merge onto US 1 North Lincoln Highway. Stay straight to go onto US 1 North. Take the I-95 North exit toward Trenton. Merge onto Delaware Expressway/I-95 North. Proceed into New Jersey. Take exit 4 (Route 31/Pennington Road). Bear to the right off the exit ramp, you will be traveling south on Route 31. At the third traffic light (about 1.5 miles), make a left into The College entrance.

From Long Island

Take the Verrazano Bridge to Staten Island. Stay on 278 West to Goethals Bridge. After crossing the bridge, take first exit for 95 South (NJ Turnpike). Follow directions from NJ Turnpike below.

From the New Jersey Turnpike (Newark International Airport and North)

Using the New Jersey Turnpike, travel south to exit 7A, Trenton and Shore Points. Follow signs toward Trenton onto I-195 West. Follow signs marked 295 Princeton/Camden. Exit at "I-295 North/Route 1/95 South/Princeton." Continue on I-295 (becomes I-95 South) to exit 4. Turn left at the exit ramp onto Pennington Road/Route 31 South toward Ewing. At the fourth traffic light (about 1.5 miles), make a left into The College entrance.

From the Atlantic City Expressway

Take the Atlantic City Expressway West (toward PA). The expressway ends at Route 42. Follow Route 42 North to I-295 North. Continue on I-295 North (becomes I-95 South) to exit 4. Turn left at the exit ramp onto Pennington Road/Route 31 South toward Ewing. At the third traffic light (about 1.5 miles), make a left into The College entrance.

From The College entrance

Make a right onto the main access loop around campus. Look for signs for the REC Center
