

NJSIAA Coaches' Association Tennis Workshop
Friday, January 9, 2026
Princeton University, Meadows Campus Indoor Facility
325 Court Drive, Princeton, NJ

8:00– 8:45 AM	Registration/coffee and light breakfast available
8:45 – 9:00 AM	Welcome & Introductions – Princeton Men's Tennis Head Coach Billy Pate
9:00 – 9:45am	“PWT Practice Fundamentals.” Elizabeth Johnson, Princeton Women's Head Coach and Sidney Berlin, Princeton Women's Assistant Coach
9:45am – 10:45am	“What Measures Grows: How to get your team to improve throughout the season – drills and games that measure improvement.” Mark Savage, Co-Managing Partner at Sportsplex
10:45am – 11:45am	“Player development strategies that address different ages, ability levels and growth spurts.” Conrad Singh, CEO of Tennis at Center Court Academy
11:45-12:30pm	Lunch (box meals will be provided)
12:30-1:15pm	“The Spirit of Cub Club and how it corresponds to energy and engagement at team practice.” Damian Hume, Princeton Men's Associate Head Coach and Ethan Nittolo, Princeton Men's Assistant Coach
1:15-2:00pm	“USTA initiatives and programs available for High School Tennis” Kelly Rasero, USTA Middle States, Manager of High School and Adult Recreational Play
2:00-3:00pm	“Less stress, more coaching. Tools and Support from USTA Coaching.” Brian Parkkonen, Senior Director – Tennis Industry Outreach and Engagement, USTA