

Tennis Development Conference – February 17, 2018

Report by Allan Chu

On Feb 17th I and a number of Provincial Coaches attended a Tennis Coaches Conference that was open to players for the very first time. At the Conference we had three guest speakers. Unfortunately, I couldn't get the word out to all of my contacts on time to attend. It is not a common occurrence to have a highly decorated coach coaching other coaches to teach players doubles tactics used by pros and adapt them for Club level players.

Louie Cayer, former Canadian Davis Cup coach (1989-2000) was giving on-court and off-court technical and tactical instruction to our top Provincial coaches. He demonstrated how to correct coaching deficiencies to improve player's ability to retain what was taught on and off the court. He gave us insights on how to observe, correct and communicate to students better techniques and tactics in doubles. He introduced us to how to use statistics to improve the player's success on court. Patterns of play was demonstrated to show us the likelihood of what your opponent will do in different situations. Overall the conference kept coaches and players on their toes and I would recommend that aspiring coaches and keen tennis players attend the next conference when Louie comes back in town. For some reference, there are still tactics on You Tube that one should watch. Just do a You Tube search on Louie Cayer.

The finer points that I got out of this are; Doubles is very important in Davis Cup and other Team tennis events and doubles tactics have evolved and that teaching tennis doubles tactics today and into the future is different than in the past 5-10 years. It was good for coaches and players to attend so we can update our teaching methods.

KEY PRESENTER: Louis Cayer

- Canadian Davis Cup Coach & Captain 1989-2000 • Canadian Olympic Gold Medal coach for Men's doubles Sydney 2000 (Lareau/Nestor) • Canadian Coaching Certification director 1987-2007 (for all levels) • Inducted in the Canadian Hall of Fame Tennis 2013 • Author of the Action Method 1987 (pioneer of the game based approach) • International Speaker in over 25 Countries 1987-2017 • Presented 13 times at the ITF worldwide workshops INTERNATIONAL COACHING EXPERIENCE

- Doubles: worked with more than 24 top 50 ATP doubles players and 8 #1 • Singles: worked with 10 top 100 singles players ATP/WTA • In 2016 coaching Jamie Murray as #1 doubles team with Bruno Soares • ITF DVD and book on doubles 2002 • ITF award for "service to the game" 2011 for his coaching contribution • ITF Coaching Commission 1995-2000 and 2012.

Other presenters:

FITNESS PRESENTATION BY: Sergey Nazarov, FITNASTIKA FITNESS INC. www.fitnastika.com

While competing and winning many international Championships in acrobatics, with The National Team Kazakhstan, for more than 10 years. Sergey finished and graduated with honours from university with a Physical Education and Sports Coaching degree. Following graduation, Sergey worked at KarGU (Karaganda State University, Kazakhstan) as a professor of Theory and Methods of Gymnastics and Theory and Methods of Physical Education. International exposure brought Sergey to perform with Cirque du Soleil. In 2006 he joined the creation of the world-renowned show Kooza, in which he created a solo act with his wife and partner Corine Latreille, which they had the opportunity to tour and perform around the world for 7 years.

In 2012, Sergey and his wife moved permanently to Vancouver B.C. where they founded their fitness training company Fitnastika Fitness Inc. which has now expanded to a team of 6 sports science and fitness professionals. With Fitnastika, Sergey and his team provide specialized fitness coaching many

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different sports such as tennis, snowboarding, figure skating, rugby, hockey, golf and others. Fitnastika works with all levels of athletes, varying from amateur to professional. In 2013 Sergey and his team got involved with the Tennis Canada Junior program in B.C. with whom they have the opportunity to guide many young players to optimum fitness and health, so they can sustain the high physical demand their sport requires.

Making Vancouver his home, Sergey wanted to share his passion for health and fitness with everyone. His greatest joy is seeing people improve their lives through healthy diet and exercise, while helping them to accomplish their goals and push the boundaries of their physical limitations.

Liz Usher

Liz is a graduate of the University of Western Ontario and has been working in the Fitness and Wellness Industry since 1985. As a competitive athlete and personal trainer, she has learned through experience and education that there are many Healthy Habits required for OPTIMAL Performance and Recovery; both mentally and physically. Her talk will focus on some Simple Effective Nutritional changes that are benefiting many Olympic and professional athletes, amateur athletes and really anyone that is interested in Achieving Optimal Health and Wellness.

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