

2019 IHSTCA WINTER WORKSHOP

February 1, 2019

7:00 AM – 3:00 PM

Vaughan Center – Aurora

Featuring: Jimmy Borendame, Dave Lipe/Edmund Jones, Mike Woody, Don Paitrick and Josh Leighton

Program

Time	On Court	Topic
7:00 – 8:15	Registration	Meet with Vendors in Gym
8:15 – 9:00	Don Paitrick	Getting back to the basics for those programs that have new tennis players and drills for them
9:05 – 9:55	Dave Lipe	Fitness training for HS Tennis Players
10:00 – 11:00	Jimmy Borendame	Drills and competitive games (bring your racket and workout clothes to jump in and demonstrate)
11:00 – 12:15	Lunch + Awards	
12:30 – 12:55	Josh Leighton	3 Quick Drills
1:00 – 2:00	Mike Woody	Delivering Dynamic High School and Team Practices.
2:10 – 3:00	Five Star Pro	Using Video analysis for your program and players

IHSTCA Presenters

Jimmy Borendame: Borendame got his start in tennis at Wheaton North HS and, after high school, continued playing at Butler University. In his time at Butler, he was ranked as high as No. 33 and owns the school record with 98 doubles victories. He is now the head men's tennis coach at Middle Tennessee State University in Murfreesboro, TN. After eight successful campaigns, Borendame has amassed 125 wins – the second most in program history and has seen 26 All-Conference selections and two NCAA Tournament appearances. While at MTSU, he has seen the opening of the new Adams Tennis Complex and raised a total of 2.2 million dollars towards the 5.8 million dollar indoor tennis center that opened as part of the complex in January 2015.

Mike Woody: USPTA & PTR certified is the National Director of Tennis for Genesis Health Clubs. Recently named *Tennis Industry's Person of the Year (2015)*, this award recognizes Mike's commitment and dedication to the tennis industry. He oversees tennis operations for a total of 10 clubs. In 2017, he was selected as Executive of the Year for Genesis Health Clubs (amongst 3,000 employees) He is based out of Genesis Health Club-Overland Park. Mike's role is to inspire, lead, and train a team of 62 tennis professionals who lead programming on a total of 76 indoor/outdoor tennis courts. Tennis is an important part of the Woody Family, his daughter- Meghan and son – Austin were Michigan High School State Team Champions in Tennis in 2009, with the Boys repeating in 2010, 2011, 2012. Mike was supporting coach for Meghan (Saginaw Valley State University) and Austin's college (Northwood University) teams.

Dave Lipe and Coach EJ Jones Coach EJ Jones is a National Academy of Sports Medicine certified trainer and NFL/NBA Pro Scout liaison, with a B.S. in kinesiology and exercise science from Illinois State University. EJ specializes in sports medicine, specifically, and has engineered training designs for athletes that represent 30 different sports. His focus is on overall athletic enhancement and injury prevention/maintenance with specific emphasis on functionalities that meet the demand of each individual sport and athlete. By analyzing movement patterns, and skill specifics he has diversified his training platform to help teams, and individuals of various backgrounds. EJ has been working with Edwardsville Tennis Academy for 3 years, and through collaborative efforts with Dave Lipe and his staff, they have created a training platform for their players that help make them better athletes, but also better tennis players.

Don Paitrick: Don Paitrick from Charlottesville, Virginia has been coaching tennis for over 40 years. He's had the pleasure of coaching all levels of players, juniors and adults. ATP/WTA professionals, USTA Nationally and Sectionally ranked juniors, High School public and private school players, juniors of all ability levels and ages and USTA Adult players 2.0-5.0. He's had the opportunity to learn from tennis greats such as legendary Australian Davis Cup Captain Harry Hopman, ITF Hall of Fame Coach Nick Bollettieri, and former USTA National President Slew Hester who moved the US Open from Forest Hills to its current location in Flushing Meadows. But as he says "I've learned a ton of information from everyone I've ever come in contact in the great game of tennis." Don currently is the Director of Tennis Operations at Miller School of Albemarle and the Fairview Swim and Tennis Club in Charlottesville, Virginia. He also serves as President of the USTA Mid Atlantic Section Board of Directors. Don is married to his wife Beth and have two 14 year old children Brett and Emma currently in 9th grade.

2019 IHSTCA WINTER WORKSHOP - Registration Form

Name _____ **Level Coaching:** GV BV
Please Circle GJV BJV

School _____

E-Mail _____

Phone (S) _____ - _____ - _____ **If new member: Years Coaching:** _____

Phone (H) _____ - _____ - _____ **Updated Wins:** _____

Phone (C) _____ - _____ - _____ **USPTA # (If Applicable):** _____

Fee enclosed (\$100) _____ (\$15) _____ (\$60) _____ (\$75) _____
Workshop 1 year membership only 5 year membership only USPTA Pros Member

Notes

- Workshop Fee (Includes) **\$100 (this is not tax deductible)**
- Mail Registration form with payment to: Patti Shaw, IHSTCA Treasurer
- Checks made payable to: IHSTCA 5913 N. Roxbury Lane
- CREDIT CARD PAYMENT AVAILABLE Peoria, IL 61614
 - Contact Patti Shaw – pshaw-5@hotmail.com
- Holiday Inn of Aurora – promises great rates for our coaches – code if online (IT8)
2424 Sullivan Road Phone: 630-806-7400
Aurora, IL 60506 Must reserve a room by: January 26, 2019
- Tennis Balls provided by Wilson Sporting Goods!
- Thursday evening – Hospitality Room at Hotel
- Local – Buffalo Wild Wings (Aurora) offers a discount if you are attending the workshop
- **Parking:** Carpool parking is in the northernmost section of the Vaughan Center lot
Others are asked to park in the open lot on the south side of Indian Trail Road.
A shuttle will bring you to the Vaughan Center entrance!

Directions to the Vaughan Center

Vaughan Center <http://www.foxvalleyparkdistrict.org/?q=node/26>
2121 West Indian Trail Road
Aurora, IL. 60506 Phone Number - 630-907-9600

From Interstate 88: Exit – Orchard Road South – Turn Left on Indian Trail Road.
Vaughan Center is on the left (about 3 minutes off Interstate 88)

