



# 2010 ASIA TENNIS SYMPOSIUM

12th - 15th October

Providing a professional and educational forum for coaches to interact, learn and share knowledge.

Experience cutting edge information from world class speakers at this exciting symposium, the same week as the SHANGHAI ATP MASTERS 1000 !

## Symposium includes:

- On and off court presentations
- Entry to professional development workshops
- Gift pack (for full symposium attendees)
- Fast Feeding Competition - featuring a Prince racquet for the winner
- Drill Exchange
- Certificate of Attendance
- The symposium is aligned with PTR MAP points
- One ground pass ticket to the SHANGHAI ATP MASTERS 1000 (Wednesday 13th Oct.)
- Transport to and from Qi Zhong Stadium - SHANGHAI ATP MASTERS 1000 venue (Wednesday 13th Oct.)
- 3 buffet lunches
- Symposium luncheon (Friday 15th Oct.)

## Symposium Speakers:

### Anne Pankhurst (UK)

Currently the Education Consultant to the PTR, developing and delivering new high level coach qualification courses. She is also working with different sports, tennis clubs and academies in the UK and the US, mentoring coaches and delivering age specific athlete development programs. Anne has worked as Director and Manager respectively for the Coaching Education departments of both the LTA and USTA. A qualified tennis coach, with diplomas in Physical Education, Biomechanics, Exercise Physiology and Sports Coaching, she also has a degree in Developmental Geography and is currently studying for her PhD in athlete and coach development in tennis. She is the author of several tennis books and has acted as technical editor for a number of sports publications. Anne has presented on different topics at coach conferences and seminars in many parts of the world.

- The progression of technical development depending on physical development (ages 6 – 16) (2+ hours)
- Physical development (ages 6 – 16) (1+ hour) ● 10 and under competition formats (1 hour)
- Mental, Emotional and Social skill development (ages 6 – 16 y/o) (1+ hours)
- Plans for club programs based on player development processes (1 hour)

### Ken DeHart (USA)

Director of Tennis at San Jose Swim & Racquet Club in San Jose, California; Former Executive Director of the PTR; 2 Time PTR International Pro of the Year; PTR Master Professional ( 1 of the 13 original MP's); Chairman of the PTR Education Committee; PTR Tournament Committee; PTR National Tester and Clinician; National Trainer for Recreational Coaches; National Cardio Tennis Speakers Team; National Advisory Staff for TennisDrills.tv; Ranked #2 in the PTR Nationally in Men's 60 singles (Ranked in top 3 Nationally in the PTR last 10 years); Huntsman World Senior Games Gold Medalist in 50 & 55 singles; Member of the United States Tennis Writers Association; Contributing writer for Tennis, TennisView, TennisPro & Advantage Magazines; Associate Editor for TennisOne.com; Produced 7 DVD's for tennis pros and coaches; President of the Competitive Edge Training System.

- A Whole New Level - 50 Tennis Tips for Players, Coaches & Pros
- 50 best Drills
- UDF's - Unusual Doubles Formations - For Strategy and Tactics

### Carl Petersen (Canada)

BPE, BSc.(PT) - Partner and Director of High Performance Training at City Sports & Physiotherapy Clinic's in Vancouver; works with athletes ranging from club level to those on the WTA / ATP tennis tours and traveled fulltime with the Canadian Alpine Ski Team for 15 years; designed and implemented training programs for Olympic and world champions; worked with and lectured to physicians, therapists and coaches on 5 continents; published numerous articles and written or co-authored 5 books including Fit to Play Tennis-High Performance Training Tips.

- Rescue Your Rotator Cuff - Shoulder Injury Prevention Training (practical & lecture) (1 hour)
- The ABC's of Knee (ACL) Protection (1 hour)
- Learning to Land - Hopping, Bounding & Footwork (1 hour)
- On the Road Again. Travel Fitness & Jet Lag (1 hour)
- Rules of Recovery (1 hour) Plus, on court warm-up routine and Core Training activities!





# 2010 ASIA TENNIS SYMPOSIUM

## 12th - 15th October

### Tuesday 12<sup>th</sup> October

8:30 – 10:00 Sign-in, and meet & greet with coffee & tea  
 10:00 – 12:00 Carl Petersen - Rescue Your Rotator Cuff - Shoulder Injury Prevention Training  
 Carl Petersen - Learning to Land - Hopping, Bounding & Footwork  
 12:00 – 13:00 Lunch  
 13:30 – 14:30 Drill Exchange  
 14:30 – 18:00 Ken De Hart - A Whole New Level - 50 Tennis Tips for Players, Coaches & Pros  
 Carl Petersen - On the Road Again. Travel Fitness & Jet Lag  
 Carl Petersen – The ABC's of Knee (ACL) Protection

### Wednesday 13<sup>th</sup> October

8:30 – 11:30 Carl Petersen - Rules of Recovery  
 Carl Petersen - On court warm-up routine and Core Training activities!  
 Ken De Hart - 50 best Drills  
 11:30 – 12:30 Anne Pankhurst - Mental, Emotional and Social Skill Development (ages 6 – 16)  
 12:30 – 13:30 Lunch  
 13:30 – 14:15 Travel to Qi Zhong Stadium  
 14:30 onwards Watch 2010 Shanghai ATP Masters 1000, then back to SRC

### Thursday 14<sup>th</sup> October

9:00 – 12:00 Ken De Hart - UDF's - Unusual Doubles Formations - For Strategy and Tactics  
 Adam Gardner - MyTrainingDiary  
 12:00 – 13:00 Lunch  
 13:00 – 14:00 Fast Feeding Competition sponsored by Prince. Prizes to be won!  
 14:00 – 17:00 Anne Pankhurst - The Progression of Technical Development depending on Physical Development (ages 6 – 16)  
 Anne Pankhurst - Physical Development (ages 6 – 16)

### Friday 15<sup>th</sup> October

9:00 – 12:00 Anne Pankhurst - Plans for Club Programs based on Player Development Processes  
 Anne Pankhurst – 10 and under Competition Formats  
 12:30 – 15:00 Symposium Luncheon. Includes:  
 PTR Mainland China Member of the Year Award presentation  
 Closing ceremony and presentation of Certificate of Attendance

(Please note that the schedule may be subject to change.)

### Symposium price (excluding PTR membership):

Early Bird Prices (payment by 16th September 2010)  
 RMB 2,180 for PTR Members  
 RMB 2,480 for non-members

Prices from 17th September 2010  
 RMB 2,380 for PTR Members  
 RMB 2,680 for non-members

- Note, returning attendees (from any previous PTR Asia Tennis Symposia) will receive a RMB 200 discount off the registration price!  
 That's not all...introduce a new symposium attendee and receive a RMB 200 voucher at the SRC Pro Shop!

### Venue and Symposium Organizers:

PTR Mainland China Office – located at Shanghai Racquet Club, Lane 555 Jinfeng Lu, Hua Cao Town, Minhang District, Shanghai 201107, China  
 Tel: (86 21) 2201 0190 (Chinese)  
 (86 21) 2201 0850 (English)  
 Fax: (86 21) 2201 0852  
 E-mail: zhangyi@ptrchina.com (Chinese speaking)  
 adam@ptrchina.com (English speaking)

### Shanghai ATP MASTERS 1000 Package:

Includes one (1) ground pass ticket for Wednesday 13th October and transportation to and from Qi Zhong Stadium (excluding PTR membership).

Other notes:

- The PTR 2010 Asia Tennis Symposium is supported by the China Tennis Association (CTA).
- PTR renewals and new PTR membership registrations can be made upon registration for the symposium or at the symposium. For inquiries about PTR membership please contact the Symposium Organizers.
- Accommodation also available at luxury service apartments (shared) at Shanghai Racquet Club. Please contact the Symposium Organizers for symposium or accommodation booking details or for any other inquiries.
- There will be a junior training program running during the symposium week for coaches who are interested in bringing players. For more information, please contact Conrad.Singh@src.com.cn





# PTR 2010 ASIA TENNIS SYMPOSIUM

## 12<sup>th</sup> - 15<sup>th</sup> October

### Registration Form

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Tel. (Bus.): \_\_\_\_\_

(HM. – Optional): \_\_\_\_\_

Mobile: \_\_\_\_\_ E-mail: \_\_\_\_\_

Language(s) Spoken:

Mandarin  English  Other (please specify) \_\_\_\_\_

Tennis playing, teaching and/or coaching experience; affiliated club/centre/association:

\_\_\_\_\_

PTR Member  Non-Member

I wish join PTR (RMB 1,400 for Oct. 2010 - Dec. 31st 2011)

I wish to renew my PTR membership (RMB 980 for Jan. 1st - Dec. 31st 2011)

Symposium Price: (Payment by Sep. 16th 2010) (Payment from Sep. 17th 2010)

RMB 2,180 for PTR Members  RMB 2,380 for PTR Members  
 RMB 2,480 for non-Members  RMB 2,680 for non-Members

Accommodation at Shanghai Racquet Club & Apartments:

Shared service apartment single room (own room, incl. breakfast) RMB 618 /room/night

Date of check-in \_\_\_\_\_ Date of check-out \_\_\_\_\_ Number of Nights \_\_\_\_\_

Shared service apartment double room (own room, incl. breakfast) RMB 818 /room/night

Date of check-in \_\_\_\_\_ Date of check-out \_\_\_\_\_ Number of Night \_\_\_\_\_

I wish to pay by:  Cash  Credit card  Bank Transfer

Total Payments: \_\_\_\_\_

#### Disclaimer

By entering your name on this registration form you are agreeing to the following disclaimer:

You are advised to speak with a physician that specializes in physical fitness and receive a thorough physical examination before participating in the PTR 2010 Asia Tennis Symposium. The Shanghai Racquet Club & Apartments, its owner, its directors, employees or other representatives will not be liable for physical injury or property damage or other losses arising out of or in relation to your participation in the PTR 2010 Asia Tennis Symposium. This is a comprehensive limitation liability that applies to all damages of any kind, including (without limitation) compensatory, direct, indirect or consequential damages, loss of data, income or profit, loss of or damage to property.

Office use only:

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