



FEATURED PRESENTER

KEN OLIVIER, MS, USPTA

DIRECTOR OF TENNIS

WOOD VALLEY RACQUET CLUB
TOPEKA, KS

*Appearance sponsored
by the USPTA*



Ken Olivier is a former national collegiate champion in singles and doubles and was ranked #1 in the nation in NAIA and NCAA Division II (singles). He competed on the pro tour and received a world ranking in singles and doubles, defeating players ranked top 200 in the world in tournament play. Ken earned his bachelor's degree in kinesiology and masters' degree in exercise physiology from The University of Texas at Tyler in 1993. He received his certification as a strength and conditioning coach in 1997 with the National Strength and Conditioning Association and was awarded the prestigious CSCS designation.

Ken has spoken at the USPTA World Conference on topics including: speed, agility, quickness, weight training and nutrition as they relate to tennis. He is certified USPTA (P1) and is a speaker at USTA and USPTA meetings on various topics related to fitness and tennis. He is Director of Tennis at Wood Valley Racquet Club, Kossover Tennis Center and runs the Topeka Tennis Academy, in Topeka Kansas. He is married to his wife Cheryl of 20 years, and has two daughters (Sheri and Emily) who both play tennis.

ON-COURT SESSION

"HOW TO OPTIMIZE YOUR HIGH SCHOOL PRACTICES"

9:00 TO 9:45 A.M. FRIDAY, FEB. 10

**USPTA
Specialty Course
"Speed, Agility and
Quickness for
Tennis"**

5:30 to 9:30 p.m.
Thursday, Feb. 9
Court 1

(PRACTICE)

(PRE-PRACTICE)

1. Set the Standard/Attitude is Everything
2. Facilities/Number of Players
3. Have Rules Posted/Enforce Rules
4. No Special Privileges
5. Best Players Play with Group

6. Make Practice Fun
7. Teaching/Coaching
8. Level Appropriate Practice
9. Length Progression/Control vs. Power
10. Fitness Drills & Stretching
11. Drills, Drills, Drills
12. Question and Answer