

LIVE CALL

Sunday

June 25, 2023

Jorge Capestany





Q 1: You often mention you run a PTM program, what is that? **Chris**

Professional Tennis Management (PTM)

- 1. Currently 8-9 colleges**
- 2. Degree program (major, minor, certificate)**
- 3. Guaranteed Paid internships**
- 4. 100% job placement rate**
- 5. Starting salaries - \$65,000-85,000**
- 6. About Hope's Program**

Professional Tennis Management (PTM)

About Hope's Program:

- **Certificate program**
- **Tennis Center Labs**
- **Trips**
- **Kinesiology minor**
- **TennisDrills.tv Access (Lab)**



Q 2: What is YOUR
teaching philosophy?
Kam

Teaching/Coaching Philosophy

1. Teaching Philosophy

- Needs to be fun
- If its fun, they'll come back
- If they come back, they get better

2. Teaching System

- Based on the 5 Play Situations

1. Serving | 2. Returning | 3. Baseline | 4. Net | 5. Pass & Lob



Q 3: What does the tennis pro job of the future look like? **Kip**

Tennis Pro Jobs of the Future

STAYING THE SAME

- Essential Work Habits
- Great at running group drills
- Great at doing private lessons

CHANGES COMING

- Pickleball
- Other Racquet Sports
- Technology: Video analysis
- Making money off the court
- Importance of special events

The **Club** of the future

The **Club** of the Future

- **Multiple Racquet Sports**
- **Emphasis on Social Events**
- **Packed with Amenities**
- **Family Friendly (home away from home)**
- **Example: Sarah Vande Berg Tennis & Wellness Center**



Q 4: What is the most important skill to teach new players?
lyla

Most Important for New Players

RALLY SKILLS

- Tennis is a game of “exchange”
- Starts as “CATCH” and becomes “KEEP AWAY”
- Instant Tennis progressions (modified equipment)
- See [Beginner Lesson Plan](#)



Q 5: How do you balance teaching technique vs having fun with beginners?
Kyle

Two Schools of Thought

1. Technique is KING

- Lots of shadow strokes
- Technical checkpoints
- Rally comes later
- Fun comes later

2. Having Fun is KING

- Less shadow strokes
- Instant Tennis is used
- Rally comes first (race)
- Fun at first class

WHY = Sports Buffet



Q 6: How do you coach technique in a group lesson? **Tom**

Technique in Group Lessons

- 1. Set Expectations**
- 2. Quick Shots**
- 3. Water Breaks / Ball Pick ups**
- 4. Quick Videos**
- 5. Assign Homework**



Q 7: How do you incorporate fitness into group lessons?
Jennifer

Fitness in Group Lessons

I no longer do a fitness segment in group classes

- **Wayne Bryan story**
- **Pedometer experiment**
- **Kids returning from College**

Fitness in Group Lessons

1. Train with tennis specific movement.

- Points are 5-7 seconds long
- Change direction 4-5 times per point
- Each change of direction is 4-5 steps

2. Access the Tennis Drills Fitness courses *in the Lab*

THE END

