Certified Tennis Performance Specialist

21 Competencies

for Success with the Tennis Athlete

Certific Performance Specialist

- Periodization & Planning
- Teaching & Coaching
- Ethics & Character Leadershi
- Athlete Wellness
- Communication
 - Business
 - Parents

- Testing, Screening & Assessment
 - Tennis-Specific Endurance
 - Resistance Training
 - Tennis Movement
 - Tennis Strokes
 - Nutrition
 - Technology

Prevention

- Injury Prevention / Tennis Medicine
- Flexibility
- Recovery

- Young Athletes
- Older Athletes
- Female Athletes
- Environmental