

JUNIOR REGIONAL CHAMPIONSHIPS

PRESENTED BY  **UTR SPORTS**

Webinar Line Up

Saturday, April 13th, 2024

Schedule		
4:30 pm	Mental Coach (Players)	Mellisa Dillion
5:00 pm	Mental Coach (Parents)	Mellisa Dillion
5:30 pm	NCSA	Heather Gage
6:00 pm	Injury Prevention	Sports Physio: Jen Rath
6:30 pm	Tournament Preparation	James Morris

[WEBINAR LINK](#)

4:30 pm Mental Coach Talk for Players with Mellisa Dillion, Performance Psychologist

5:00 pm: Mental Coach Talk for Parents with Mellisa Dillion , Performance Psychologist

Accredited Sports & Exercise Scientist (Psychology)

Melissa's deep-rooted passion for psychology finds its origins in her distinguished tennis career. At present, Melissa actively works with ITF tennis players. Melissa is the driving force behind her Performance Psychology consultancy, "In the Zone (itz)," which holds seven national and international partnerships with esteemed organizations in elite sports and business.

Melissa's vision is to inspire every athlete to be the best version of themselves.

In tennis, psychology enhances and maintains high levels of performance and well-being.

Also, allows athletes to find joy in performing. Through peak performance coaching, positive mental and behavioral interventions increase focus, confidence, and resilience. As well as

help channel anxiety, fear, and perfectionism in the right direction.

Melissa offers one-to-one coaching which consists of assessments and interventions catering to individual's needs. Each athlete will receive a free 30-minute virtual initial consultation to discuss their needs to establish goals and a working relationship. Parents are welcome to be part of consultations and sessions. Bookings for appointments via

www.athletesinthezone.com. [Instagram](#): & [LinkedIn](#):

5:30 pm: NCSA - Heather Gage

Heather Gage is a Recruiting Coach Manager at NCSA where she oversees the NCSA Tennis Department. Prior to her current role, she was a Senior Recruiting Coach and personally helped over 500 student-athletes commit to playing tennis in college. Heather has an extensive tennis background. She not only played tennis for the United States Air Force Academy (Division I), but upon after graduating as a distinguished graduate, she returned as the Women's Assistant Tennis Coach. She also has Division III Men's and Women's coaching experience. In addition to collegiate coaching, she has competed and coached both domestically and internationally.

6:00 pm: Injury Prevention- Sports Physio: Jen Rath

Musculoskeletal Physiotherapist, 16 years qualified with 8 years in Dubai and the current Rehabilitation Team Lead at UPANDRUNNING. Jenny has looked after the Elite players at Rackets Academy for the last 4 years alongside being the courtside Physio at Dubai PTT. She has a special interest in spinal pain and shoulder rehabilitation. In her spare, she enjoys playing tennis, weight training, and kickboxing.

6:30 pm: Tournament Preparation - James Morris

A guide to Parenting an Elite Player: From a top 15 national player where I traveled internationally to a ATP WTA ITF Traveling coach for over 10 years. I have experienced from my own parents where I feel they could have helped better, to meeting and seeing parents on the tour for many years.

Through this presentation we are going to cover a range of topics to help enhance your child's and your tennis experience. Playing elite tennis is always tough not only for the child but for the parents. We will cover the following:

- Tennis is a marathon not a sprint.
- Junior tennis is just all learning
- How it's best to deal with when your child is training, trusting the coach.
- Encouraging good values
- The DO's and DONT's at a tournament
- Understanding where a parent can really help on the journey
- Understanding tennis is a losing sport unless you are number 1 in the world!
- Remember the reasons why they started tennis.