

TENNIS NUTRITION SYMPOSIUM

Food, Fuel and Fluid For Tennis Success

February 28th, 2009

BOCA RATON, FLORIDA

Embassy Suites, 661 Northwest 53rd St, Boca Raton, FL 33487

Purpose: To provide the latest tennis-specific nutrition information relevant to competitive tennis.



A United States Tennis Association Event

www.playerdevelopment.usta.com/tennisnutritionsymposium



TENNIS NUTRITION SYMPOSIUM CONTACT INFORMATION

USTA Sport Science Department

Jessica Battaglia, MS, ATC/L

Symposium Organizer

10399 Flores Drive, Boca Raton, FL 33428

Phone: (561) 962 6406





TENNIS NUTRITION SYMPOSIUM

PRESENTERS

Jose Antonio, PhD, is a leading research advocate of sports nutrition and is the CEO and co-founder of the International Society of Sports Nutrition. He is a Fellow of both the American College of Sports Medicine and National Strength and Conditioning Association. He has published 13 books and over 40 peer-reviewed scientific publications. He is the host of two radio shows and writes for several fitness and bodybuilding consumer magazines. Dr. Antonio completed a Ph.D. and post-doctoral research fellowship at the University of Texas Southwestern Medical Center in Dallas Texas. Currently, He is an Assistant Professor of Biology at NOVA Southeastern.



Page Love, MS, RD, LD is a leading sports nutrition expert and owner of Nutrifit, Sport, Therapy, Inc., located in Atlanta, Ga. As a sports nutrition expert, she works with touring tennis professionals, collegiate teams, and recreational players. Page served on the national USTA Sport Science Committee, and currently serves on the Sport Science Advisory Board for PTR and is a consultant for the Sony Ericsson WTA Women's Professional Tennis Tour. Page played Div 1 NCAA collegiate tennis at Baylor University and is a certified tennis teaching professional. Her credentials include being a registered dietitian and a Health and Fitness Instructor certified by the American College of Sports Medicine as well as holding the CSCS designation through the National Strength and Conditioning Association.



Mark Kovacs, PhD, CSCS is the Manager of Sport Science for the USTA and was an All-American and NCAA doubles champion at Auburn University. After playing professionally, he pursued his graduate work performing tennis-specific research. He has a Ph.D. in Exercise Physiology from The University of Alabama. Dr. Kovacs is also a certified strength and conditioning specialist through the NSCA a certified Health/Fitness Instructor through the American College of Sports Medicine, a United States Track and Field Level II sprints coach and is a certified tennis coach and member of the USPTA and PTR. He is also an author of the tennis conditioning text "Tennis Training: Enhancing On-Court Performance" and is currently an Associate Editor of the Strength and Conditioning Journal.



SCHEDULE

SATURDAY, FEBRUARY 28TH, 2009

- 9:30-10:00 am **Welcome & Introduction**
- 10:00-12:30 pm **Tennis Specific Nutrition- *Love***
- 12:30-1:30 pm **Lunch**
- 1:30-4:00 pm **Nutrient Timing and Supplements For Tennis- *Antonio***
- 3:00-3:30 pm **Hydration Concerns in Tennis- *Kovacs***
- 3:30-4:00 pm **Drugs in Tennis- *Kovacs***
- 4:00-5:00 pm **Q&A**

Speakers and topics are subject to change

TOPICS COVERED

- **Tournament Specific Eating (Sample Programs)**
- **The Positives and Negatives of Supplement Use for Tennis (Creatine, Protein, Amino Acids, Glutamine, Caffeine etc)**
- **Hydration Issues in Tennis (Prevention Strategies)**
- **Nutritional Timing—When is the Best Time To Eat For Tennis Success**

REGISTRATION

This symposium will be limited to the first 100 people. To ensure your participation, call or email the symposium organizer at 561-962-6406/ Battaglia@usta.com.

Registration Fee includes lunch, symposium workbook and welcome bag.

	USTA Member	Non-member
Before February 1st, 2009	\$49	\$59
After February 1st, 2009	\$69	\$79



REGISTRATION FORM: Complete and return the form to the address below.

Mail to: Jessica Battaglia, USTA Sport Science Dept., 10399 Flores Drive, Boca Raton, FL 33428

Please complete the form below. REGISTRATION WILL NOT BE ACCEPTED WITHOUT PAYMENT

Name _____ Profession: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Day Phone: _____ Evening phone: _____ Email: _____

PAYMENT METHOD (US FUNDS ONLY)

Enclosed Check or Money Order, Payable to United States Tennis Association

Before February 1st \$49.00

After February 1st \$69.00 (USTA Members)

Before February 1st \$59.00

After February 1st \$79.00 (Non-USTA Members)

CANCELLATION POLICY:

- Cancellations must be in writing to qualify for refund
- Cancellation prior up to February 1st, 2009 Full Refund
- Cancellation after February 1st- No refund available

The United States Tennis Association and its Sport Science department reserves the right to cancel any course and will not be responsible for any charges incurred by the participant. If the USTA cancels the symposium, full tuition will be returned.

Each participant will need to complete and sign waiver upon registering on-site at the symposium.

HOTEL INFORMATION:

Below is the web link to reserves a hotel room onsite at the Embassy Suites in Boca Raton.

<http://embassysuites.hilton.com/en/es/groups/personalized/BCTNWES-FVN-20090228/index.jhtml>

Embassy Suites Boca Raton

661 NW 53 Street

Boca Raton, Fl 33487