

Vermont High School Coaches Workshop Agenda

10:00 AM – 3:00 PM EST, Saturday, March 8, 2025

The EDGE Sports & Fitness

4 Gauthier Dr, Essex Junction, VT 05452

TIME	TOPIC	LEAD
9:45 AM - 10:00 AM	Check In	
10:00 AM - 10:15 AM	Welcome / Introductions	Joanna Beall / Kelly Gately
10:15 AM - 11:15 AM	Building Young Athlete's Confidence	Eva Borrás , Mental Performance Consultant
11:20 AM - 12:00PM	Active Drills and Games On Court	Tammy Azur , The EDGE Tennis Director & RSPA Elite Pro
12:05 PM - 12:45PM	Groundstroke and Volley Technique & Practice Drills	Tammy Azur & Staff
12:45 PM - 1:10 PM	Lunch Catered by Jericho Café & Tavern / Raffle Items Presented by USTA Vermont	
12:50 PM - 1:10 PM	Officiating	Joan McShane
1:10 PM - 1:30 PM	Serve Technique & Practice Drills	Tammy Azur & Staff
1:35 PM - 2:40 PM	Team Practice Drills/Games and Building Team Culture	Local High School Coaches
2:40 PM - 3:00 PM	Coaches Q & A / Wrap-up	

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