

Frank Adams

Frank is a certified PTR Professional with a diverse coaching background including cross country, track and field, table tennis and over thirty years of tennis. He has been the Head Tennis Pro at the Tennis Pavilion at HRCA since it opened five years ago.

At the age of 18 he coached a junior tennis team from Philadelphia to a second place finish at National Youth Games. He has coached high school and college teams in Japan, California and Colorado and was the Head Tennis Pro at the Yakota Tennis Club in Japan for two years. In 1997, he taught at National Tennis Center during the Arthur Ashe Jr. Kids Day, attracting over 20,000 participants. Frank is a former President of the Colorado Tennis Association.

Teaching Philosophy

Frank's coaching philosophy is student centered. "I help my students set goals for themselves and establish plans to help them reach their potential."

Favorite Tennis Tip

"Practice the way you play and play the way you practice."

Tennis Career Highlights

- Professional Tennis Registry's Colorado Pro Of the Year
- Colorado Tennis Association Arthur Ashe Award
- Intermountain Tennis Association Volunteer of the Year Award
- Minority Coach's Workshop Arthur Ashe Award
- USA Tennis Magazine Grass Roots Hero



Littleton Golf & Tennis Club
5800 S. Federal Blvd.
Littleton, CO 80123



South Suburban
PARKS AND RECREATION

Recreational Coaches Workshop



*Tuesday, February 9, 2010
9 am-3:30 pm*

Littleton Golf & Tennis Club
5800 S. Federal Blvd.



**INTERMOUNTAIN
COLORADO**



South Suburban
PARKS AND RECREATION

Why send your staff to a Recreational Coaches Workshop this summer?

As an administrator, you know that a restricted budget and limited staff may prevent your facility from offering consistent, quality tennis programs.

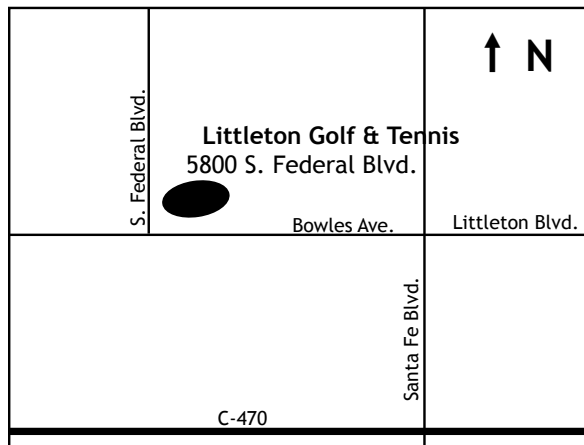
We can help! A USTA National Trainer will lead this on-court workshop ideal for training new instructors and seasonal support preparing them for success.

This inexpensive workshop will:

- Provide valuable tips.
- Teach exciting games.
- Furnish new activities to keep large groups active.
- Equip coaches with ideas to incorporate into the teaching approach.



South Suburban
PARKS AND RECREATION



Registration fee includes:
workshop materials, six hours of
training and lunch.

Deadline is Monday, February 1.

Limited space available.

Menu will be emailed prior to workshop.

Dress to participate on the court.

**Register by Friday, January 22 and
receive a \$10 discount.**

For more information, please call
Vicki Holthus with South Suburban
Parks & Recreation at 303-794-6933
(vickih@ssprd.org) or
Kristy Harris with CTA at
303-695-4116 ext. 300.



Recreational Coaches Workshop

Tuesday, Feb 9, 9 am-3:30 pm

Registration deadline: Feb. 1

Check one

\$35 Early Registration

\$45 After Jan 22

Lunch is included in the registration fee.

Name _____

Address _____

City _____ State _____ Zip _____

Phone (H) _____ (W) _____

E-Mail _____

(Required)

Gender: Male Female

Teaching Experience

None Part-Time Full-Time

Number of years teaching: _____

Payment Options:

Check/Money order (payable to South Suburban)

MasterCard Visa

Card # _____

Exp. Date _____

Return registration form to:

Littleton Golf & Tennis

5800 S. Federal Blvd.

Littleton, CO 80123

Fax: 303-738-9691

Scholarships may be available.
Contact Kristy at the CTA office for more
information at 303-695-4116 ext. 300