



MCA Tennis Development Seminar

July 24th, 6pm-7:30pm

An evening to share knowledge, provide insight and learn from the best in the business!

FREE for all parents and students of MCA tennis players - Pizza provided!



6pm-7pm Players @ Champagnat Centre

Tennis Movement and Testing Protocols - practical (come in active wear)

6pm-7pm Parents @ Champagnat Centre

Ben Cross presents "Premiership Preparation"

Grant Jenkins presents "Beyond Resilience"

7pm-7:30pm Parents and Players @ Champagnat Centre

Q & A hosted by David Hodge with Grant Jenkins and Ben Cross

Speaker Biographies below:

Grant Jenkins

presenting "Beyond Resilience"

A coach of 22 years, Grant Jenkins is credited with setting the athletic foundations of **Ash Barty** and for turning **Nick Kyrgios'** attitude towards physical training. Before and after school, Grant now trains athletes at the GPS Rugby Club gym for all sports including swimming, rugby, volleyball and tennis. He will improve the mindset and self-discipline of your child while developing their strength, speed, agility and running technique.

Overview:

- Consulted to 11 State or National Sporting Organisations.
- Prepared athletes for World Championships in multiple sports
- Trained tennis players for all 4 Grand Slams
- Level 3 ASCA Master Coach
- On the panel which re-designed the ASCA Level 3 course
- Exercise Physiologist

Grant with Ash Barty & Nick Kyrgios



Ben Cross

presenting "Premiership Preparation"

Ben Cross played at the highest level in the NRL and represented NSW in **State of Origin**. He won the 2007 premiership for one of the greatest coaches ever in **Craig Bellamy**. He started coaching u16 football players while still playing and moved through the ranks of state football to be an Assistant Coach for the **Brisbane Broncos**. Ben currently trains small groups of youth athletes at Propel who are looking to learn from his 10 years of playing and 6 years of coaching.

