



Saturday, October 28, 2023

08.00	Registration of the participants	Coach the Coach Team	
09.45	Greetings	Kai Gerber, Raeda Sports	German
10.00	Tennis is blue	Espen Foss, Norway	English
11.00	Psychologically oriented kids tennis training	Ilona Schönmann & Jürg Bühler, Switzerland	German
12.00	Lunch „Meet & Greet“		
13.30	Implicit learning in the red level	Nina Nittinger & Martin Golser, Switzerland	German
14.30	Athletic training in kids tennis	Bram Beynen, Belgium	English
15.30	Break		
16.00	<i>Panel Discussion:</i> Girls Tennis	Nina Nittinger, Switzerland Petra Russegger, Austria Ilona Schönmann, Switzerland	German
17.00	Serve and return in the orange court	Mark Tennant, England	English
18.30	Aperitif "Meet & Greet"		

Sunday, October 29, 2023

08.00	Arrival with coffee and croissants		
08.45	Introduction 2nd workshop day	Kai Gerber, Raeda Sports	German
09.00	Learning level green	Piotr Unierzyski, Poland	English
10.00	From the green to the yellow ball	Tamas Bogyo, Hungary	English
11.00	Break		
11.30	<i>Panel Discussion:</i> From the talent to elite sport	Giulia Steingruber, <i>former professional gymnast</i> Antonio Djakovic, <i>professional swimmer</i> Nora Rezzonico & Mutter Marion, <i>tennis talent</i> Steve Schennach, <i>Schweizer Sporthilfe</i> Alessandro Greco, <i>Swiss Tennis</i>	German
13.00	The transition to competitive sport	Carl Maes, Belgium	English
14.30	End of the Workshop		
15.30	Start of the Swiss Indoors Basel Finals	Participants with the Swiss Indoors Tickets	

All lectures will be simultaneously translated (German to English and English to German)





 28.10.23 / from 08.00

Registration

 28.10.23 / 09.45

Greetings & Introduction

Coach the Coaches is being held for the 4th time and is organized alternately in Vienna and Basel. This year it will take place in Basel in co-operation with Swiss Indoors Basel on the weekend of the finals.



Kai Gerber

Kai Gerber is co-founder of Raeda Sports and initiator of the Coach the Coaches Workshops.

 28.10.23 / 10.00

Tennis is blue



Espen Foss, Norway

Espen was mainly employed in tennis as a coach from beginners through to competitive and recreational players in Norway, Spain and the United Arab Emirates. For the past five years he has worked closely with the Norwegian Tennis Association and led the Norwegian Children's Tennis Initiative, now known as Tennis Kids. For Tennis Kids he was responsible for developing the program and training all 500 coaches and activity leaders in Norway. In the last three years he has trained around 700 coaches and activity leaders worldwide.

 28.10.23 / 11.00

Psychologically oriented kids tennis training



Ilona Schönmann, Switzerland

In the Swiss Tennis training team, Ilona is responsible for the education of coaches in the areas of kids tennis and junior tennis as well as for the assistant courses. Ilona Schönmann is a qualified tennis coach and adult educator with a Swiss federal certificate. In her function, she leads several working groups and trains the approximately 80 course experts in order to keep the program content for the various training areas up to date. Ilona is also in charge of the very popular diploma training course in Switzerland that is needed to become a specialist in kids tennis.



Jürg Bühler, Switzerland

Jürg is head of coach education in Switzerland and also a member of the ITF Coaches Commission. The senior trainer and tennis coach is in charge of the training/development department since 2014 and has therefore played a part in what is currently very successful Swiss tennis era. In addition, as a sports psychologist (MSc), he combines his well-founded, professional tennis skills with many years of experience in the sports psychological support of top athletes.

 28.10.23 / 12.00

Lunch „Meet & Greet“

 28.10.23 / 13.30

Implicit Learning in the red Level



Nina Nittinger, Switzerland

Nina, who was a professional player for many years, completed her studies in sports management and sports psychology after her tennis career. She is an A-trainer in tennis (DTB) and A trainer in fitness (Swiss tennis) and currently looks after performance-oriented young people and professionals both on the court and in the physical and mental areas. She has already published several books on kids tennis, mental and fitness training and appears as a speaker at national and international congresses.



Martin Golser, Switzerland

Since 1986 Martin has been the owner and managing director as well as a tennis teacher at his tennis school Martin Golser in Murten. He has the training license as a trainer A, J + S / tennis teacher with federal certificate and also works as a speaker for the tennis association. As an expert at Swiss Tennis, Martin is one of the strategic heads behind the Swiss Tennis concept - Kids Tennis High School - and has been involved in coach training for the national association for many years.



🕒 28.10.23 / 14.30

Athletic Training in Kids Tennis

Bram Beynen, Belgium

Bram has a bachelor's degree in gymnastics and biology and a coaching B license as a tennis coach. He is a seasoned Belgian expert in children's tennis, specifically physical conditioning. He is physical head coach of the child development team (KDT U8-U12) of the Tennis association Vlaanderen (Flemish part of the Belgian Tennis Federation) and is a well-known speaker at international workshops.



🕒 28.10.23 / 15.30

Break

🕒 28.10.23 / 16.00

Panel Discussion:

Girls Tennis

Nina Nittinger, Switzerland

Nina, who herself was a professional player for many years, completed her studies in sports management and sports psychology after her tennis career. She is an A-trainer in tennis (DTB) and A trainer in fitness (Swiss tennis) and currently looks after performance-oriented young people and professionals both on the court and in the physical and mental areas. She has already published several books on kids tennis, mental and fitness training and appears as a speaker at national and international congresses.



Petra Russegger, Austria

Petra is a former professional tennis player and was ranked 259th in the WTA World Rankings. After the end of her career, she completed all state tennis training courses and completed an MBA degree in sports and event management. She was the national coach of the Austrian Tennis Association for eight years. She currently looks after top athletes in youth and women's tennis and young talents from all over the world. She is the author of specialist articles, a trainer at the BSPA/OTV for trainers and a speaker at international trainer congresses of the ITF and Tennis Europe. Since the end of 2021 she has taken on the role of mentor for female tennis coaches in Austria and has completed the dipl. mental coach training.



Ilona Schönmann, Switzerland

In the Swiss Tennis training team, Ilona is responsible for the education of coaches in the areas of kids tennis and junior tennis as well as for the assistant courses. Ilona Schönmann is a qualified tennis coach and adult educator with a Swiss federal certificate. In her function, she leads several working groups and trains the approximately 80 course experts in order to keep the program content for the various training areas up to date. Ilona is also in charge of the very popular diploma training course in Switzerland that is needed to become a specialist in kids tennis.



🕒 28.10.23 / 17.00

Serve and Return in the orange Court

Mark Tennant, England

Mark is a Founder and Director of inspire2coach, a company which he owns and set up with co-Director Richard Marklow. The company offers coach education in the UK and worldwide and runs more than 30 tennis facilities in the UK. As an LTA Coach Development Centre, izc has so far certified over 8000 coaches and assistants in the UK. Mark is also responsible for managing the company's international education programs and projects with tennis federations, and tennis companies and partners around the world, including HVS (Finland), Wadi Degla (Egypt), ETC (Greece) and Trio Consult (Bulgaria). Mark is also a Director of Tennis (24/7), a company owned by inspire2coach, which produces digital content and online courses for tennis coaches. Mark is a certified LTA Level 5 coach, a qualified Coach Education Tutor and assessor, and an experienced mentor and transformational coach.



🕒 28.10.23 / 18.00

End of 1. Workshop Day

🕒 28.05.23 / from 18.00

Aperitif "Meet & Greet"