



Launch of the Middlesex Tennis Coach Conference – 2nd April 2025

Middlesex Tennis in conjunction with UCoach, are excited to announce the first ever Coach Conference with the theme ‘Laying the Foundations for Future Performers.’

Middlesex Tennis and UCoach are committed to giving our coaches the tools to deliver the highest quality coaching by providing support for current and potential coaches to thrive. Join us as we bring together our network of Middlesex coaches to witness expert speakers who will deliver both on and off-court sessions designed to enhance your coaching knowledge and help your players prosper.

- **Date:** 2nd April 2025 (9am – 4.30pm)
- **Venue:** Virgin Active Chiswick Riverside, Riverside Drive, London, W4 2SX
- **Speakers:**
 - **Mark Hayden**
 - **Conference Presentation Title -** ‘10u player development themes linked to awareness of standards.’
 - Mark is currently an LTA National Coach where he manages the Southeast region. He is a Level 5 MPC coach, an LTA Coach Tutor and also a qualified Mentor.
 - **Matt Little**
 - **Conference Presentation Title -** ‘The role of motivation through positive mind set and action in junior player development.’
 - Matt has been working in elite level tennis for over 15 years. During this time, he has worked with players and teams of all ages from the bottom to the very top of the game including 12 years as part of Team Murray.

- **Alistair Higham**
 - **Conference Presentation Title** - *‘Developing thinking players.’*
 - Alistair Higham is an international expert on match play and momentum. His work on momentum includes advising professional coaches and players primarily in tennis and football. He is Great Britain Student Tennis Team Captain, winning medals in the last 12 international events. He heads up the GB University Programme for the LTA 4 days a week and is Director of Coaching Edge UK.

- **Suzanne Williams**
 - **Conference Presentation Title** - *‘Tennis Movement: On-Court Movement Assessments Linking with Off-Court Training.’*
 - Suzanne’s background is in junior tennis development and coach education. Her qualifications include LTA Level 5 Performance Tennis Coach, a UKSCA Accredited Strength & Conditioning Coach and an LTA Coach Education Tutor.

Suzanne has 30 years' experience using S&C to improve player performance and upskill coaches. She’s worked with players of all ages and stages from future Grand Slam Champions (Emma Raducanu) to keen adult team players.

- **Sergio Gomez Cuesta**
 - **Conference Presentation Title** - *‘How to coach optimal biomechanics for transferable and adaptable competitive skills.’*
 - Sergio is a technical skills specialist trusted to support organisations, players and coaches worldwide from Professional Tours and Grand Slams to 10u. Sergio specialises in the analysis and development of tennis strokes as well as the treatment and prevention of tennis strokes related injuries. Sergio is qualified in performance coaching, physiotherapy, strength and conditioning with a Master's in tennis biomechanics and sport sciences.

- **Dylan Gee**
 - **Conference Presentation Title** - *‘Enhance your social media presence in tennis.’*
 - Please note, Dylan will be part of small panel discussion and will be joined by Mark Bullock.
 - Dylan Gee, also known online as ‘Tennis with Dylan’, is a former tennis professional and current coach. Dylan uses his experience

to inspire and grow the sport globally through educational content, behind the scenes insights at pro tournaments, and building an engaged community on Instagram, YouTube, and TikTok (700K+ followers) to connect with tennis lovers worldwide.

- **Mark Bullock**

- **Conference Presentation Title** – *‘Enhance your social media presence in tennis & how it can be used to promote inclusion in the sport.’*

- Please note, Mark will be joining Dylan Gee as part of a small panel discussion.

- Mark has been involved in disability tennis as a coach, coach educator, mentor, administrator, volunteer and event organiser for more than 30 years. Mark was LTA Coach of the Year in 2021 & was recently awarded the International Tennis Federation's UNIQLO Spirit of Sport Award and the Brad Parks Award. He worked for the ITF on Wheelchair Tennis for 15 years and is a former National Wheelchair Tennis Coach. He is an LTA Mentor and has coached players with a wide range of impairments.

*Speakers subject to change

- **Conference Package:** Includes access to the full conference with teas, coffees, pastries and lunch provided.
- **Conference Fees:**
 - **Early Bird Booking Offer Extended – last few spaces remaining**
 - BOOK NOW! £85 - Use code **EarlyBird2025** when booking.
 - **UCoach Booking Offer – 10% off full conference fee for UCoach customers once Early Bird Offer has ended**
 - £108 - Use code **UCoach2025** when booking.
 - **Full Conference Fee**
 - Full Conference Fee - £120.
- **[CLICK HERE TO BOOK.](#)**
- **CPD Credits:** 7 credits available by application via **[LTA Independent Learning](#)**