

# Tennis Scotland National Coaches' Conference 2024

2–3 March 2024

University of Stirling National  
Tennis Centre & Stirling Court Hotel

## A full weekend of informative presentations and workshops features:

A strong field of  
experienced speakers,  
coaches and players

Some packages  
include Saturday night  
accommodation at  
Stirling Court Hotel

Evening dinner  
event on Saturday at  
Stirling Court Hotel

Packages	Cost	Early bird before 4 Feb
2-day conference with dinner, bed and breakfast	<b>£210</b>	<b>£195</b>
2-day conference	<b>£165</b>	<b>£150</b>
1 day conference	<b>£100</b>	<b>£85</b>

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**SATURDAY 2 MARCH | EVENTS SCHEDULE**

Saturday	Speaker	Topic
09:00–09:30	REGISTRATION / TEA & COFFEE	
09:30–09:45	<b>Blane Dodds</b> Tennis Scotland CEO	Welcome
09:45–11:00	<b>Kris Soutar</b> Performance Coach Consultant	Teaching and training high-percentage tennis in singles
11:00–11:20	BREAK	
11:20–12:20	<b>Mike Cohen</b> Head of Competitions & Events	How to provide competitive opportunities for your players
12:20–13:15	<b>Mhairi Beattie</b> Senior Performance Coach and LTA Tutor for Tennis Scotland	Keeping teenage girls engaged in tennis
13:15–14:00	LUNCH	
14:00–15:15	<b>Brett McLennan</b> U14 National Manager & Regional Performance Development Centre Head Coach	Developing serve fundamentals
15:15–15:30	BREAK	
15:30–16:45	<b>David Rodriguez</b> Strength & Conditioning Lead	Strength and conditioning for all ages and stages
16:45–17:00	CLOSE DAY 1	

**Saturday Evening**

19:00	COACHES' DINNER AT STIRLING COURT HOTEL
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**SUNDAY 3 MARCH | EVENTS SCHEDULE**

Sunday	Speaker	Topic
09:15–09:30	REGISTRATION	
09:30–10:45	<b>Merlin Van De Bramm</b> LTA Head of Coach Development & Support	Developing mental skills and competencies for junior players
10:45–11:00	BREAK	
11:00–11:40	<b>Tennis Scotland Performance Team</b>	Tennis Scotland performance pathway update
11:40–12:40	<b>Anna Myatt</b> Workforce Manager & <b>Julie Gordon</b> Lead Coach at Western Tennis Club	Growing your workforce Team from within your club
12:40–13:30	LUNCH AND NETWORKING	
13:30–14:45	<b>Joe Gill</b> Performance Pathway Coach U14	Using the competitive framework to complement player development for 10U
14:45–15:00	BREAK	
15:00–16:15	<b>Alan MacDonald</b> Doubles coach on Jamie Murray's team	Coaching more effective doubles & ideas for helping club players with common challenges
16:15–16:30	<b>Blane Dodds</b> Tennis Scotland CEO	Close conference

## SPEAKERS LIST



### Alan MacDonald

Doubles coach on Jamie Murray's team

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**A stalwart of Scottish tennis and a keen competitor, Alan has worked with multiple Grand Slam champion Jamie Murray.**

He was with Jamie as he captured a number of ATP Tour titles and Grand Slam wins, including the Australian Open and US Open in 2016.

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### Kris Soutar

Senior Coaching Consultant for Tennis Scotland

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**Kris is an LTA Master Performance Coach, the lead tutor on the LTA Level 4 Senior Performance Qualification and head tutor on The Progress Tour Academy three-year coaching diploma and four-year coaching degree in Haikou City, China.**

He also consults and mentors with coaches and players around the world. This makes Kris unique as he works with players and coaches from grassroots to the high-performance end of tennis.

A full-time professional tennis coach for 32 years, Kris has developed Scottish and British tennis champions and players with Tennis Europe, ITF, ATP and WTA rankings. He also works as a high-performance coaching consultant in the USA, Canada, New Zealand, Netherlands, Germany and Ireland and has presented at Scottish, Welsh, Irish and British national coaches' conferences. He also works as an HR consultant for two global oil companies, with graduate assessment procedures and graduate training programmes.

## SPEAKERS LIST



### Merlin Van De Bramm

LTA Head of Coach Development & Support

**A qualified coach for 19 years and member of the ITF Coach Commission, Merlin holds the LTA Senior Performance Qualification and ITF Coach of Advanced Players Award.**

Prior to the LTA, he worked for the coach education and research department at the International Tennis Federation and was the Associate Editor of the Coaching and Sport Science Review journal, based in Valencia, Spain. He has a Masters degree with distinction in

Sport & Exercise Psychology from Loughborough University, and a BA in Psychology from University College Dublin.

Merlin is published in mental imagery in tennis, emotional intelligence and has been a contributor to a number of tennis publications, including TennisHead magazine in the UK and was a contributing author to the second edition of the ITF Coach of Advanced Players manual.



### Brett McLennan

Tennis Scotland U14 National Manager and RPDC Head Coach

**Brett has been with Tennis Scotland for the past three years and involved in player and coach development for nearly 30.**

He previously coached at the International High Performance Centre in Loughborough and the High Performance Centre at Nottingham before returning to work for Tennis Australia in various roles, most recently as a coach in the National Academy-Victoria looking after boys on the 12–15 pathway.

Brett has been fortunate to work with players with Tennis Europe, ITF and ATP/WTA world rankings in both junior and senior tennis and holds a Bachelor of Business Management, a High Performance Coaching qualification (Level 5) from Tennis Australia and a Senior Performance Coach qualification (Level 4) from the LTA. In addition, he has presented at the Australian Coaches' Conference and in Asia, as well as facilitating and delivering coach education qualifications and CPD workshops for Tennis Australia.

## SPEAKERS LIST



### David Rodriguez

Tennis Scotland Strength and Conditioning Lead

**A strength and conditioning coach in elite tennis for more than 20 years, David started working after finishing his studies in Sports Science at the University of Barcelona in 2003.**

After working at the Spanish Tennis Federation, he joined the Vilaró-Roig Academy and then the Barcelona Total Tennis Academy (BTT), where he became Fitness Director in 2007.

BTT, which collaborated with Rafael Nadal for 15 years, has also worked with top 100 players including Feliciano López, Fernando Verdasco, Albert Costa, Álex Corretja, Tommy Robredo, Fabio Fognini, Anastasia Pavlyuchenkova and Rebeka Masarova.

In September 2022, David moved to Stirling to join Tennis Scotland, working with Junior players in the GB National Tennis Academy and other programmes.



### Joe Gill

Tennis Scotland Performance Pathway Coach U14

**Joe has been the Tennis Scotland Performance Pathway Coach U14 for nearly three years. After first moving to Scotland from Sheffield to accept a tennis scholarship at the University of Stirling in 2006, Joe began supporting Tennis Scotland four years later.**

Between 2012 and 2014 Joe was accepted on the **sportscotland** Coaching Futures programme, supporting his transition from

playing to full-time professional coaching. Since then, he has supported players on the ITF junior, senior and wheelchair circuits, and the ATP doubles tour. These players include Gordon Reid, Colin Fleming, Jonny O'Mara, Ali Collins and Maia Lumsden.

Joe, a Senior Performance Coach (Level 4), has also remained involved in district, county and grassroots development coaching via the Adam Brown Tennis Academy.

## SPEAKERS LIST



### Mhairi Beattie

Level 4 Senior Performance Coach  
and LTA Tutor for Tennis Scotland

**A full-time tennis coach for 18 years, Mhairi has experience in the USA, New Zealand and Scotland and has been the Programme Manager and Lead Coach for the East of Scotland Regional Performance Programme for eight years.**

She has experience working with players from the grassroots to international level (juniors) and from ages three to 73.

As a player, Mhairi spent four years at Arizona State University (Division 1 from 1999–2003) and reached the top 20 in the USA collegiate doubles rankings.

She has played multiple times for Scotland and GB at junior and senior level. Highlights include representing Scotland at the Youth Commonwealth Games (Edinburgh, 2000) and Senior Commonwealth Games (Delhi, 2010) as well as playing for GB at the World University Games (Beijing, 2001).



### Julie Gordon

Lead Coach at Western Tennis Club

**Working in tennis for more than 30 years, Julie started as a volunteer aged 15 and has been involved ever since.**

She holds the Level 5 Master Club Coach Award, has a Masters degree in Psychology of Sport and is currently training to be an LTA tutor.

As Lead Coach on the Western Junior Coaching Programme, she also manages the coaching team and travels to tournaments with performance players.

## SPEAKERS LIST



### Anna Myatt

Tennis Scotland Workforce Manager

**An LTA Level 5 coach, Anna joined Tennis Scotland after more than 20 years' experience managing the content and delivery of the successful and inclusive junior and adult programmes at Craiglockhart Tennis Centre, run by Edinburgh Leisure.**

In her role as Workforce Manager, she is passionate about providing training, qualifications and CPD opportunities to new and existing coaches and volunteers all over Scotland.

During her two years with Tennis Scotland, she has worked on many bespoke projects, including specific training and qualifications for females, working with charities across Scotland such as Achieve

More Scotland in Glasgow and with Active Schools in more deprived areas of Scotland.

Anna works closely with the Tennis Scotland tutor team in the organisation and delivery of coaching levels 1–3 and all CPD courses, safeguarding and first aid. She also organises Padel tennis qualifications and is currently completing her own Level 2 Instructor course.



### Mike Cohen

Tennis Scotland Head of Competitions & Events

**Mike has been involved in tennis all his life, as a national player at both junior and senior level, before moving into coaching.**

Previously a Development and Performance Coach holding the Senior Performance Coach qualification, Mike also worked as a Racquet Manager for six years, being awarded Racquets Manager of the Year with Esporta Fitness.

He joined Tennis Scotland in 2009 as a Development Manager, working on facility development and with clubs and local authorities in the West region.

Mike now heads up the Competitions and Events department at Tennis Scotland, delivering national and international events as well as developing and supporting competitions at grassroots and above. Mike was the Tournament Director at the recent ATP Challenger in Glasgow, and as a qualified referee, he also regularly delivers junior competitions at his local club.