



# Tennis Training: Enhancing On-court Performance

*By Mark Kovacs PhD, W. Britt Chandler MS, T. Jeff Chandler EdD*



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**Tennis Training: Enhancing On-court Performance** By Mark Kovacs PhD, W. Britt Chandler MS, T. Jeff Chandler EdD Bibliography

- Sales Rank: #1018020 in Books
- Brand: imusti
- Published on: 2007-09-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .64" w x 6.00" l, .93 pounds
- Binding: Paperback
- 352 pages

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### About the Author

**Mark Kovacs, PhD**, is a former All-American NCAA doubles title winner and professional tennis player. He has coached many highly ranked junior, collegiate, and professional tennis players and is both a certified strength and conditioning specialist and a certified sprints coach with the U.S. Track and Field Coaches Association. He lives in Birmingham, Alabama. **W. Britt Chandler, MS**, is a former collegiate tennis player, a National Strength and Conditioning Association (NSCA)–certified personal trainer, a certified strength and conditioning specialist, and a USPTA certified teaching professional. He is also an editorial assistant for *Strength and Conditioning Journal*. He lives in Lexington, Kentucky. **T. Jeff Chandler, EdD**, is the head of the department of health, physical education, and recreation at Jacksonville State University. A recipient of the Plagenhoff Award for outstanding sport-science research in tennis, he is also a fellow of the American College of Sports Medicine, a fellow of the NSCA, and the editor in chief of the *Strength and Conditioning Journal*. He lives in Jacksonville, Alabama.

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