



RON WOODS, Ph.D.

PERFORMANCE COACH

Ron Woods is a Performance Coach for the Human Performance Institute in Orlando, Florida. He is also a consultant with the United States Tennis Association and an adjunct professor at the University of South Florida.

Prior to joining the Institute, Ron spent 20 years with the United States Tennis Association. He was director of the Department of Community Tennis Programs with a major focus in the USA Tennis Plan for Growth, the most ambitious initiative in history to increase tennis participation in the United States. Prior to that, Ron served for 10 years as Director of Player Development, a program dedicated to helping develop top junior players into touring professional players.

Prior to joining the USTA, Ron was a professor of physical education and men's tennis coach at West Chester University (Pa.) for 17 years. During his time at West Chester, he also served as Dean of the School of Health, Physical Education, Recreation and Athletics and has been inducted into West Chester University's Athletic Hall of Fame. Ron served for eight years on the Coaching Committee of the United States Olympic Committee and the Coaches' Commission of the International Tennis Association.

The International Tennis Hall of Fame awarded Ron the Educational Merit Award in 1997. He was also honored by the United States Professional Tennis Association (USPTA) as National Coach of the Year in 1982 and named a Master Professional in 1984. Ron is a graduate of East Stroudsburg University (Pa.) and an inductee into their Athletic Hall of Fame. He received his Ph.D. from Temple University with an emphasis in sport psychology and motor learning. Ron recently wrote a college text book titled *Social Issues in Sport* for courses in Sociology of Sport (published by Human Kinetics, 2007).

The Human Performance Institute is the leader in Energy Management technology. Managing energy, not time, is the key to sustained high performance. The Institute's ground-breaking Energy for Performance™ training solutions range from executive and on-site training courses to keynotes and train-the-trainer courses. Corporate clients include Procter & Gamble, The Estée Lauder Companies, Dell, FBI, GlaxoSmithKline, PepsiCo, and Smith Barney Citigroup.