



RON WOODS, Ph.D. PERFORMANCE COACH

Ron Woods is a Performance Coach for the Human Performance Institute in Orlando, Florida. He is the co-author of *Energy Every Day, A Personal Plan for More Energy and Better Health*. Ron has also written *Social Issues in Sport*, a textbook for students in sociology of sport and *Playing Tennis After 50* along with his wife Kathy.

Woods is a graduate of East Stroudsburg University (Pa.) and an inductee into their Athletic Hall of Fame. Ron received his Ph.D. from Temple University with an emphasis in sport psychology and motor learning. Ron is currently an adjunct professor in the departments of Exercise Science at the University of Tampa and the University of South Florida.

Ron spent 20 years with the United State Tennis Association as Director of the Department of Community Tennis Programs and as the organization's first Director of Player Development.

Prior to joining the USTA, he was professor of physical education and men's tennis coach at West Chester University (PA) for 17 years. 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.

The International Tennis Hall of Fame awarded Ron the Educational Merit Award in 1997. He was honored by the United States Professional Tennis Association (USPTA) as National Coach of the Year in 1982 and named a Master Tennis Professional in 1984. Other leadership roles_____ include eight years on the Coaching Committee of the United States Olympic Committee and the Coaches' Commission of the International Tennis Association.

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 Corporate Athlete® 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.