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## PRESS RELEASE

### FOR IMMEDIATE RELEASE

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Kyle Littlefield becomes an *Etcheberry Certified* Tennis Coach and Trainer

Kyle Littlefield, coach and owner of Littlefield Tennis, joined an elite tennis group in May 2007, when he became one of only thirty trainers and coaches to attain *Etcheberry Certified* status in Wilton, Connecticut. Pat Etcheberry is a legendary strength and conditioning coach who has helped more than two-dozen tennis champions win more than 100 Grand Slam tournaments and Olympic Medals. The players who Pat has worked with include, among many others, **Andre Agassi, Justine Henin-Hardenne, Martina Hingis, Pete Sampras, Jim Courier, Jennifer Capriati, Monica Seles, Gabriela Sabatini and Arantxa Sanchez Vicario**. Jim Courier wrote: **“These techniques took me from #25 in the world when Pat and I started working together, all the way to #1.”** (*Tennis Hall of Fame* member Jim Courier)

Kyle Littlefield, owner of Littlefield Tennis, stated: “I am seeing significant improvement in agility and endurance from my players by integrating Pat’s techniques with my tennis drilling. I am also collaborating with Physical Therapist and Strength & Conditioning Specialist Dr. Rick McAvoy on a tennis specific strength and conditioning

program. This program is designed for competitive players of all ages who are committed to improving their performance and staying injury free throughout their tennis development. A breakthrough formula for any player's personal development includes Littlefield Tennis drills, Pat Etcheberry's training techniques, and Dr. McAvoy's expertise in sport-specific strength and conditioning and injury prevention.

This tennis-specific strength, conditioning and movement program is available to all aspiring tennis players in New Hampshire. For more information, contact Littlefield Tennis at 603 373-8112 or [nhtennis@comcast.net](mailto:nhtennis@comcast.net)