

# TENNIS

**Colin Johnson**  
**Assistant Tennis Professional**



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## Why Tennis?

I started my athletic career playing soccer, but quickly latched onto tennis from my very first lesson when I was in elementary school. I loved trying (and often, failing!) to hit the ball—as I've grown as a player, I've come to appreciate the intricacies of court movement, footwork patterns and advanced tactics. Tennis is truly a lifelong sport: I have coached children as young as 4 to retired adults. I strongly encourage everyone to give it a chance. You never know if it might change your life!

## My Coaching Philosophy

I focus on what I call "conscious tennis." To me, this means trying to understand, at a fundamental level, how to hit a tennis ball and why to hit it in a particular way. Tennis players of all levels have certain predictable patterns, and it is through conscious tennis that these patterns can be read and leveraged to grow as a player. I balance these fundamentals with tactics to apply in your matches to bring everything together. Tennis can be a slow and frustrating sport to learn, and even more so to master. My goal is to guide you through these challenges one step at a time to help you perform at your best.

## About Me

I am a 2019 graduate of St. Charles East High School, where I played three years of varsity tennis, qualifying for the state tournament my final two years. I recently graduated from North Central College in Naperville, where I earned degrees in economics and finance, with minors in mathematics and Spanish. When I'm not playing or coaching tennis, I'm usually watching TV, playing video games, or reading a book.

## Credentials & Coaching Experience

Since 2021, I have been the assistant varsity coach for both the boys and girls at St. Charles East. I have coached state-qualifying athletes in both singles and doubles.

- 2-time state qualifying high school doubles player
- ASEP & NFHS certifications for coaching high school athletes
- CPR/AED

