

Houston Poem

Racket Sports Performance / Coaching Innovation

Somatic Movement Educator • Coaching Systems Developer

Professional Profile

Racket sports professional with 16 years of coaching experience across elite player development, program leadership, and coaching innovation. Creator of MindBody Tennis and developer of the ISCEA Coaching Standards, combining technical instruction with embodied learning, movement awareness, and performance psychology.

Experience & Leadership

Racket Sports Coaching & Player Development

16 years of professional experience

- Coached and oversaw 6,000+ players, from beginners to nationally competitive athletes.
- Delivered 60+ hours of racket sports workshops across more than 10 clubs.
- Coached Joseph Apodaca, former World #3 Senior Professional Pickleball Player.
- Developed numerous top regional and national junior tennis competitors.

Junior Tennis Champions Center (JTCC)

Adult Rackets Program Management | 4+ years

- Managed adult racket sports at a world-renowned 30-court training facility.
- Led program development, coaching operations, and instructional quality.

Coaching Innovation

ISCEA Coaching Standards | Developer

Created a scalable coach education and certification framework integrating learning environments, technical development, tactical understanding, and coaching intelligence.

MindBody Tennis | Founder & Developer

Developed a somatic approach to racket sports that integrates body awareness, coordination, psychological adaptability, and embodied skill acquisition.

Competitive Achievements

- 5.5

Men's Doubles Pickleball
- 6.0

Mixed Doubles Pickleball
- #9

National Men's 30+ Tennis Singles

Professional Certifications

- USPTA Certified Tennis Professional
- PCI Certified Pickleball Professional
- Accredited Diploma in Body-Oriented Coaching — The Somatic School
- Certified Qigong Teacher
- Certified Yoga Teacher

Education

Philadelphia University

Studied Graphic Design

Areas of Expertise

Player Development • Coaching Systems Design • Somatic Movement Education • Technical & Tactical Development • Coach Certification • Performance & Equipment Feedback