

TENNIS BIO

Dr Ann Quinn, Peak Performance Specialist

Dr Ann Quinn is one of the leading and most experienced peak performance specialists in the world of tennis. She is passionate about unlocking the real potential of tennis players and getting them to truly believe in themselves so they can chase their dreams and Be Extraordinary. Her clients have won more than 60 Grand Slam titles and 9 Gold Medals and just as importantly, it is their personal lives that she has transformed forever.

Ann is a pioneer in tennis sports science with a degrees in Psychology, Exercise Physiology, Biomechanics, Nutrition and Human Movement. She travelled the ATP and WTA Tours for over 10 years training several players including Pat Cash, Pat Rafter and Hana Mandlikova. She was formerly the Health and Fitness Director at the Nick Bollettieri Tennis Academy in Florida, Director of Coach Education for Tennis Australia, and the Head of Sports Science and Innovation for British Tennis. She also spent 8 years teaching Performance Psychology at the University of Melbourne, and as part of her own consulting business has coached executives in senior positions all over the world.

Dr Quinn is also a highly respected professional speaker who has spoken in over 30 countries and 6 continents. She was a member of the ITF Coaches Commission and the Sports Medicine and Sports Science Commission for ten years and has been a member of the WTA Professional Development Panel since 2000. She has co-authored and edited several coaching publications including the ITF Strength and Conditioning and Sports Psychology Books and her own book, "*How to be an Extraordinary Athlete, Secrets to Sporting Success*" is internationally acclaimed.

Dr Quinn has been honoured with many awards including the International Tennis Federation (ITF) Award for services to the game in coaching, the Australian Sports Medal, the Professional Tennis Registry Plagenhoef Sport Science Award, the National Strength and Conditioning Association, Strength and Conditioning Coach of the Year for Australasia and has been inducted into the Tennis Coaches Australia - Victoria Hall of Fame.

Her unique background has helped her clients achieve outstanding success. Now one of the world's most respected mindset coaches, she is dedicated to empowering her clients to truly believe in themselves, master their Mind and Be Extraordinary.

Contact Details

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