



The Woodlands Township

Tennis

APPROVED TENNIS INSTRUCTOR BIOS &
CLASS INFORMATION

Updated January 2026



IMPORTANT INFORMATION

AGE GROUPS

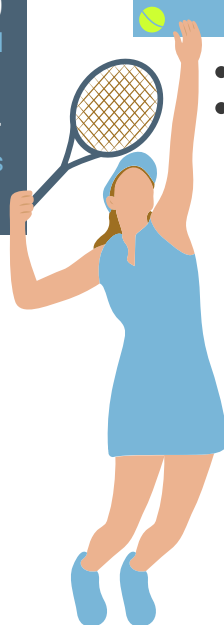
BABY TENNIS | AGES 3 – 7

ROOKIES | AGES 3 – 11
Beginner & Intermediate

CHALLENGERS | AGES 9 – 18
Beginner & Intermediate

YOUTH ADVANCED | AGES 7 – 19
Advanced Lessons – Evaluation Required

ADULTS | 18 +
Beginner, Intermediate, Advanced, Ladies



Instruction Types

Group Lessons

- Schedule listed in Action Guide & Online
- Groups of 4 or more people (depends on instructor)

Private Lessons

- Contact instructors directly for availability and fees.
- One on One instruction with instructor of your choice.

Semi-Private Lessons

- Contact instructors directly for availability and fees.
- Two to four Max instruction with instructor of your choice.

HOW TO REGISTER

Online: <http://www.thewoodlandtownship-tx.gov/signupforfun>

In Person: The Recreation Center at Bear Branch Park
The Recreation Center at Rob Fleming Park

Via Phone: 281-210-3950 or 281-516-7348

Bear Branch Park

COACH CARMEN BENEDETTI

Phone: 713-410-8019

Email: Orn.tennis@gmail.com

Bilingual - Spanish

Teaching Experience

- Safe Play & PTR Certified
- 20+ years of tennis teaching experience.
- Group and Private Lessons for kids and adults.
- Focus ages 10 years and under.

Playing Experience

- 1st place in 10, 12, 14, 16 & 18 years old state competitions. 1990-1998.
- Ranked #3 nationally in categories 10, 12, and 14 years old. 1990-1994.
- Achieved semi-finals in National Tournament single and doubles. 18 years old - 1998.
- 1st place in tournament, 3rd category. 2011
- 1st place Latin America Tennis Doubles Invitational Tournament.



BEGINNER & INTERMEDIATE ROOKIES

BEGINNER & INTERMEDIATE CHALLENGERS

SCAN ME



Timarron Park

COACH KIRSTY BERTHELOT

Phone: 225-241-6388

Email: kirstylew@yahoo.com



Certifications

- Safe Play & RSPA Certified

Education

- Mass Communication from LSU
- Masters Degree in Public Relations

Teaching Experience

- Taught both Adults and Juniors at State and National levels

Playing Experience

- Lettered at LSU from 1992-1996, playing both doubles and singles

BEGINNER & INTERMEDIATE ROOKIES

INTERMEDIATE CHALLENGERS

ADULT INTERMEDIATE DRILLS

SCAN ME



Lakeside & Ridgewood Park

COACH NICOLE BONNET

Phone: 713-504-8593

Email: njbonnet@gmail.com



Certifications

- Safe Play & PTR Certified

Education

- Graduated from IUT Measures Physiques of Montpellier France

Teaching Experience

- 20 + years - kids 10 and under

Playing Experience

- Lettered at LSU from 1992-1996, playing both doubles and singles

BEGINNER & INTERMEDIATE ROOKIES

BEGINNER & INTERMEDIATE CHALLENGERS

SCAN ME



Meadowlake Park

COACH LUPE CANTU

Phone: 281-224-6901

Email: thewoodlandstennis@gmail.com

Bilingual – Spanish



Certifications

- Safe Play & RSPA Certified

Education

- Hardin Simmons University, Abilene, TX;
- Bachelor of Science in Kinesiology
- Bachelor of Science in Spanish

Teaching Experience

- Head Tennis Professional – Kingwood Athletic Club
- Head Tennis Coach– Humble High School and Aldine Senior High School

Playing Experience

- 2006 Mixed Doubles State Champions
- 2006 Men's 35 Singles Finalist Houston

YOUTH TENNIS TOURNAMENTS

ADULT BEGINNERS

SCAN ME



Pepperdale Park

COACH CARLA CASTILLO

Phone: 469-407-1154

Email: jytennisaction@gmail.com

Bilingual - Spanish



Certifications

- Safe Play and PTR Certified

Teaching Experience

- Ran Tennis Academy in Venezuela for 10+ years.
- Teaching Tennis in The Woodlands area for 4+ years.

Playing Experience

- Started playing tennis at the age of 5 years old.
- Venezuelan National Tennis Champion
- 2018 Mixed Doubles Winner
- Active Level 5 League Player in North Country, HLTA & Jack Rabbit.

BABY TENNIS (RED BALL)

BEGINNER & INTERMEDIATE ROOKIES

BEGINNER & INTERMEDIATE CHALLENGERS

SCAN ME



Forestgate Park

COACH DIEGO CHAPELA

Phone: 281-706-3952

Email: dctennis@yahoo.com

Bilingual - Spanish

Teaching Experience

- 10+ Years

Playing Experience

- Over 20 years



TINY TENNIS

BEGINNER ROOKIES

ADULT INTERMEDIATE & ADVANCED

SCAN ME



May Valley Park

COACH TAMMY CRAWFORD

Phone: 210-414-1435

Email: tlctennis@mac.com



Education

- LSU in Mass Communications and has a Masters
- Degree in Public Relations

Teaching Experience

- 15+ Years Tennis Experience
- Has taught juniors to adult levels
- Has coached USTA women's teams from 3.0-4.0 level that have advanced to sectionals and national level
- Currently holds a NTRP rating of 5.0
- Assistant tennis pro – The Club at Sonterra
- Assistant tennis pro – Fair Oaks Ranch CC

Playing Experience

- Lettered at LSU from 1992-1996, playing both doubles and singles

ADULT SKILLS & DRILLS

SCAN ME



COACH LANCE HELM

Phone: 713-454-3759

Email: revolutiontennistx@gmail.com



Certifications

- Safe Play and RSPA Certified

Teaching Experience

- Teaching Tennis for over 30+ years.
- Director of Adult Tennis at Dallas Athletic Club
- Director of Junior Tennis at Las Colinas Country Club and DFW Lake Hilton
- Head of Tennis Professional at Arlington Tennis Center where he received several awards from the USTA National and Texas Sections.
- 2011 Lloyd Sessions Educational Merit Award for his dedication to Junior Tennis
- Trained and Coached adults and juniors at every age level including 20+ nationally ranked juniors and several national adult teams.

ADULT BEGINNER & INTERMEDIATE

ADVANCED YOUTH TENNIS

SCAN ME



COACH MIGUEL OSIO

Phone: 832-403-0901

Email: coachmiguelosio@gmail.com

Bilingual – Spanish



Teaching Experience

- Safe Play and PTR Certified Professional
- ITF Certificate of Attendance to International Day Update "The rules of tennis are also changing in our schools". National Development Plan for Tennis conducted by the Venezuelan Tennis Federation and the International Tennis Federation (Oct. 2011)
- International Certification in Linear Speed, Plyometric, Agility, Functional Training and lateral movements by STROOPS, ORTHOS Training School in Barcelona, Spain (May 2011)
- International Certification as Instructor, Trainer and Coach. Functional Training by the FTHP Institute (Functional Science Institute, Applied Research and Practice), (Oct. 2011)
- International Certifications in Smart + Hard, High Performance & Speed, and Beyond your VO2 Max. International Convention New Fitness ERA 2012. ORTHOS, Barcelona, Spain (Mar. 2012)
- International Certification as Master Trainer. Functional Training by the FTHP Institute (Apr. 2012)

20+ Years Playing Experience

- Tennis Player Category OPEN USTA Tournaments (2014):
- 8th Annual Rally for The Cure Tennis Open Singles – Finalist
- Woodlands Centre Court Adult Open Singles – Semi Finalist
- Woodlands Centre Court Open Doubles – Finalist

BEGINNER & INTERMEDIATE ROOKIES

BEGINNER & INTERMEDIATE CHALLENGERS

ADVANCED CHALLENGERS

SCAN ME



Pepperdale & Terramont Park

COACH JON PARK

Phone: 281-770-5967

Email: jonparktennis@consolidated.net



Certifications

- Safe Play & RSPA Certified

Education

- B.S., Secondary Education, East Texas Baptist University
- M.A., Religious Education, Southwestern Baptist Theological Seminary

Teaching Experience

- Played varsity Tennis at East Texas Baptist University
- Head Parks and Recreation Tennis Instructor for summer programs in Powell, Wyoming - 6 years
- Full-Time Tennis Instructor with The Woodlands Parks and Recreation Department - since 2005

LADIES BEGINNER & INTERMEDIATE LESSONS

SCAN ME



Bear Branch & Sundance Park

COACH BEN PHILIPOSE

Phone: 713-231-8178

Email: b_jaminp@yahoo.com



Certifications

- Safe Play Certified

Teaching Experience

- 10+ years with The Woodlands Township

Playing Experience

- 20 plus years

YOUTH TENNIS

ADULT SKILLS & DRILLS

YOUTH TENNIS CAMPS

SCAN ME



Shadowbend Park

COACH VERN SWISHER

Phone: 713-870-2299

Email: vswisher63@msn.com



Certifications

- Safe Play & RSPA Elite Professional Certified
- Physical Fitness Specialist
- Texas Teach Certificate – Health and Physical Education
- USTA High Performance Coach

Teaching Experience

- 20+ Years Tennis Experience
- Head Tennis Coach/Teen Leadership
- Health teacher – Magnolia West
- Coaching Director – Giammalva Tennis
- Head Tennis Coach – Episcopal High School
- Head Tennis Pro
 - Coached the Ivory Coast National Tennis Team
 - Trained the International West African Tennis Teams

ADULT SKILLS & DRILLS – BEGINNER,
INTERMEDIATE & ADVANCED

SCAN ME



Cattail Park

COACH JAVIER VALENZUELA

Phone: 612-360-3700

Email: javierv.tennis@gmail.com

Bilingual - Spanish



Certifications

- Safe Play & PTR Certified Pro
- PTR Certified Wheelchair Instructor
- Certified Mental Toughness Specialist from HPI

Education

- B.S. in Biochemistry
- M.S. in Biochemistry
- Ph.D. in Microbiology, Immunology, and Cancer Biology

Teaching Experience

- 10+ years

Playing Experience

- 20+ years

10U ORANGE BALL

IYOUTH NTERMEDIATE

YOUTH ADVANCED

SCAN ME

