

# 5 Training Tracks



## Tennis: Basic Training

Tennis is a sport to play for a lifetime. Be part of it! Have fun, learn new skills and be with kids looking for the same experience. Whether you are brand new to tennis or play inconsistently, come play games that are fun and build confidence. We're making the game easier to learn so you have more fun and success on the court! Plus, you get to work with our expert pros in a really relaxed, no-pressure atmosphere. Kick-start your game this summer and get in on the action!

### Elective Examples:

- Spin It to Win It
- Game On
- Respect the Game
- Between the Lines
- Footwork Frenzy

## Tennis for Improvement

Smarter. Faster. Improved. Go further with your game. It's possible! You're ready to get better. Build on your foundation and supercharge your strengths. After making changes to your game, you'll get a big bump in your level of play while increasing your consistency, footwork and endurance. As you compete in our weekly tournaments, you'll be amazed at the difference between your first and last day. Get off autopilot and pump up your motivation!

### Elective Examples:

- Efficiency Lab
- Tennis Wars
- Court Sense
- Games Within the Game

## Tennis to Compete

Don't get caught up in the trophies and rankings. Play the game you love and compete with your fellow students in a team atmosphere. This is an ideal prep for school team players. You have withstood backbreaking practices and grueling matches, so, let us help you showcase your abilities when tryouts start. Beat out your archrival for that coveted singles or doubles spot that you have long desired. Amp up your game and have a break-through season!

### Elective Examples:

- Strokology
- Two Good: Dynamic Doubles
- Team Work
- Inside the Numbers
- Directionals
- The Inner Game of Tennis
- Match It Up

## Tennis for Tournaments

This is your turning point. Get out of your rut and make it happen. What you eat, your mental focus, your opponent, your annoying injuries...identify what's getting in your way and learn how to overcome it. This is the track that pulls all the components together to help you win in tournaments. Execute your best game every time, keep your cool in the toughest moments and capitalize on your opponents' weaknesses! It's time to be a titan, step up your training and analyze what triggers you. Watch your ranking soar! Players should be participating in USTA (or Ranking) Tournaments.

### Elective Examples:

- Spin Lab
- Finesse Tennis
- Move Like Nadal
- Unseed to Topseed
- Competition Prep

## Tennis for College

It's an achievable dream. The message is out: we're serving up real results and helping players reach the college level! But, you've got to commit and work for it. You've won a lot, but now you are in the pressure cooker. This is the track that elevates the high school tennis player to a college player, the true competitors, the ones who play with courage and the fighters who know how to bounce back after a crushing loss. Strike a balance with high pace, high performance and high intensity master classes that will push you past your limits. You'll be ready to dominate but with the heart and mind of a champion. It's the ultimate refinement of your game. Players should be participating in USTA (or Ranking) Tournaments and preparing for college tennis.

### Elective Examples:

- Unleash the Beast
- Equipment Revolution
- College Tennis Preview
- Pro Strokes
- Play Connected