



HIGH PERFORMANCE PROGRAM

Theme: Training and Competition

COACHING EMPHASIS:

Physical: speed, strength, endurance, power, flexibility, nutrition/hydration, testing and tracking, core and shoulder stability, rest and recovery

Tactical: use of strengths, exploitation of weakness, tactics against different game styles, adjustment to different surfaces, opponents, and environments

Technical: weapon development, appropriate power and racket head speed on all shots, power and variation on baseline, relating technique to game style

Mental and Emotional: routines, positive self-talk and body language, independence, stress management, resilience, self-discipline, understanding toughness and professionalism

Schedule:
Monday-Friday: 9am-11am & 3pm-6pm

Price:
\$300 per week
(\$18 per week for afternoon only)

Ages: 16+



Program curriculum based off of USTA Player Development specifications.