



HITT

HIGH INTENSITY TENNIS TRAINING
@Sunrise Tennis Club



MINI GRINDERS

TEACHING EMPHASIS:

- Technical development focusing on modern swing paths
- Complex coordination
- Proper recovery and positioning
- Offensive and defensive stroke and footwork patterns
- Body awareness and control
- Understanding singles game situations
- Problem solving and decision making
- Enjoyment of tennis



Program curriculum based off of USTA Player Development specifications.

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Schedule:
Monday-Friday: 5pm-7pm

Price:
\$30 per class / \$120 per week

Ages: 5-12