

Junior Tennis Competitive Training

Transition Pathway

Players who are either transitioning into yellow balls and/or aspiring to become competitive tournament players

Feed the Feeder
(Ages: 9-12)



For players who are developing a strong foundation and showing the commitment needed to become a competitive tournament player. At this stage, players are transitioning into yellow balls and competing on a regular basis. Use of green and yellow balls. Racquet size: 26-27 inches. Class length: 120 minutes on-court and 30 minutes off-court (strength and conditioning).

Academy Teens
(Ages: 13-17)



For competitive players who still need some fundamental work in order to progress to higher levels. This class will place additional emphasis on shot tolerance and developing a stronger physical threshold. Players are expected to demonstrate an outstanding work ethic and respect towards fellow students and Coaches. Players should participate in local tournaments, and Match Play. Racquet size: 27 inches. Class length: 90 or 120 minutes on-court and 30 minutes off-court (strength and conditioning).

Academy Teens Plus
(Ages: 13-17)



Players have further developed their consistency and overall technical capabilities. Emphasis on patterns of play and further improving weapons. Players are expected to participate in Match Play as well as local and Section level tournaments. Racquet size: 27 inches. Class length: 90 or 120 minutes on-court and 30 minutes off-court (strength and conditioning).

High Performance Pathway

Players who are already participating and excelling in competitive play and have strong fundamentals

Feed the Feeder Plus
(Ages: 10-13)



Players have a sound technical base overall and are able to sustain focus and intensity throughout the training sessions. Additional emphasis is placed on building a strong work ethic, resilience and improving technical capabilities. At this stage, players are competing in local and section tournaments regularly. Class length: 120 minutes on-court and 30 minutes off-court (strength and conditioning).

Feeder
(Ages: 10-16)



For highly competitive players who are excelling with fundamentals and trainability. This program is designed for serious players who are trying make into our Elite level. These players train multiple times a week, maintain a robust tournament schedule and are serious contenders at high-level Sectional events. Feeder participants are part of our NTC Competition Team and aspire to play at the collegiate level. Class length: 120 minutes on-court and 30 minutes off-court (strength and conditioning).

Elite
(Ages: 12-18)



Players show a total commitment to personal excellence and are already excelling at the Sectional level and are strong competitors at the National level. Elite participants are part of our NTC Competition Team and have aspirations to play at competitive NCAA Division I programs and beyond. Class length: 120 minutes on-court and 30 minutes off-court (strength and conditioning).