

2019 Spring Junior Tennis Competitive Training

Monday, May 6 – Sunday, June 30, 2019

(No classes: Friday, May 24 – Monday, May 27, 2019)

Transition Pathway

Our Transition Pathway focuses on players who are either transitioning into yellow balls and/or aspiring to become competitive tournament players. While further emphasizing fundamentals, work ethic, overall ball control, players will learn the necessary skills needed to be able to successfully be introduced to local and sectional competition.

| <u>Day of Week:</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|---|---|--|---|---|---------------|--|--|
| Number of classes | 7 classes | 8 classes | 8 classes | 8 classes | | 7 classes | 7 classes |
| Feed the Feeder Ages: 9-12 On-court 120 min, 30 min fitness | 4:00-6:30pm \$497.00 (ID: 12845) | 5:00-7:30pm \$568.00 (ID: 12846) | 4:00-6:30pm \$568.00 (ID: 12847) | — | — | 3:30-6:00pm \$497.00 (ID: 12848) | 3:30-6:00pm \$497.00 (ID: 12849) |
| Academy Teens Ages: 13-17 On-court 90 min* or 120 min & 30 min fitness | 5:30-7:30pm* \$390.25 (ID: 12850) | — | 5:30-7:30pm* \$446.00 (ID: 12851) | 5:30-7:30pm* \$446.00 (ID: 12852) | — | 3:30-6:00pm \$497.00 (ID: 12853) | 3:30-6:00pm \$497.00 (ID: 12854) |
| Academy Teens Plus Ages: 13-17 On-court 90 min* or 120 min & 30 min fitness | 5:30-7:30pm* \$390.25 (ID: 12855) | — | 5:30-7:30pm* \$446.00 (ID: 12856) | 5:30-7:30pm* \$446.00 (ID: 12858) | — | 3:30-6:00pm \$497.00 (ID: 12859) | 3:30-6:00pm \$497.00 (ID: 12860) |

High Performance Pathway

Our High Performance Pathway follows the USTA Player Development coaching philosophy and concepts that are instrumental in long-term development of outstanding players. Our goal is to help players develop tournament mentality backed by solid parameters, fitness and strategic thinking. By providing an environment conducive to personal excellence and a progression-based teaching methodology, our program focuses on developing and attracting serious junior tournament players with high aspirations, such as college tennis and beyond.

| <u>Day of Week:</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|---|--|--|--|--|---------------|--|--|
| Number of classes | 7 classes | 8 classes | 8 classes | 8 classes | | 7 classes | 7 classes |
| Feed the Feeder Plus Ages: 9-13 On-court 120 min, 30 min fitness | — | 4:00-6:30pm \$600.00 (ID: 12861) | — | 4:00-6:30pm \$600.00 (ID: 12862) | — | 3:30-6:00pm \$525.00 (ID: 12863) | 3:30-6:00pm \$525.00 (ID: 12865) |
| Feeder Youth Ages: 9-13 On-court 120 min, 30 min fitness | 5:30-8:00pm \$525.00 (ID: 12866) | 5:30-8:00pm \$600.00 (ID: 12867) | 5:30-8:00pm \$600.00 (ID: 12868) | 5:30-8:00pm \$600.00 (ID: 12869) | — | — | 3:30-6:00pm \$525.00 (ID: 12870) |
| Feeder Teens Ages: 14 and up On-court 120 min, 30 min fitness | 4:00-6:30pm \$525.00 (ID: 12871) | 4:00-6:30pm \$600.00 (ID: 12872) | 4:00-6:30pm \$600.00 (ID: 12873) | 4:00-6:30pm \$600.00 (ID: 12874) | — | — | — |

Register online at www.ntc.usta.com