

# COMPETITION TRAINING



The Competition Training program provides players with the focused practice and training methods required for accelerated development and competitive play. Most players will compete in Junior Team Tennis leagues or local tournaments. Our pros focus on developing well rounded, all-court players with an emphasis on good footwork and solid fundamentals. The curriculum is comprised of drilling, matchplay, detailed technique instruction, and the use of innovative teaching tools to challenge players physically and mentally. The environment is energetic, challenging and supportive. We believe that the best practices are intense and fun to keep our young players coming back for more.



## RECOMMENDED RACQUET

Lifetime Tennis recommends that players use a performance racquet. We offer entry level performance racquets at our pro-shop.



## APPROPRIATE FOOTWEAR

Players are required to wear tennis shoes that are specifically designed for use on the tennis court. Lateral support and stability is crucial to tennis players, as many of the quick movements executed on the tennis court are side-to-side cuts, rather than heel-to-toe running.



## WINTER 2020 SESSION 1

For registration please contact [Jennies@lifetimeactivities.com](mailto:Jennies@lifetimeactivities.com)

DAY	TIME	SESSION 1	FEES	CODE
Tue Thur	3:45 - 5:45pm 3:45 - 5:45pm	1/5 - 2/4	\$560	13002
Tue Sat	3:45 - 5:45pm 12:30 - 2:30pm	1/5 - 2/6	\$560	13004
Tue Sun	3:45 - 5:45pm 12:30 - 2:30pm	1/5 - 2/7	\$560	13006
Thur Sat	3:45 - 5:45pm 12:30 - 2:30pm	1/7 - 2/6	\$560	13008
Thur Sun	3:45 - 5:45pm 12:30 - 2:30pm	1/7 - 2/7	\$560	13010
Sat Sun	12:30 - 2:30pm 12:30 - 2:30pm	1/9 - 2/7	\$560	13012

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