

# 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.

## PROGRAM REQUIREMENTS



### ATTENDANCE

Players are required to attend **2x/week minimum**.  
Must receive an invitation or approval to participate in this program.



### RECOMMENDED RACQUET

Lifetime Tennis recommends that players use a performance racquet. We offer entry level performance racquets at our pro-shop: Wilson Blade Team/ Burn Team 27" | Jr Ultra & Jr Pro Staff 25" & 26"



### 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 SCHEDULE

### COMPETITION TRAINING

Sessions are 5 weeks long | R: Residents NR: Non-Residents | Register in person

DAY	TIME	SESSION 1	FEES	SESSION 2	FEES
MON	5:00pm-6:30pm	1/6 - 2/3	\$165R/\$182NR	2/10 - 3/9	\$165R/\$182NR
WED	5:00pm-6:30pm	1/8 - 2/5	\$165R/\$182NR	2/12 - 3/11	\$165R/\$182NR
FRI	5:00pm-6:30pm	1/3 - 1/31	\$165R/\$182NR	2/7 - 3/6	\$165R/\$182NR
SAT	11:30am-1:00pm	1/4 - 2/1	\$165R/\$182NR	2/8 - 3/7	\$165R/\$182NR

### COMPETITION TRAINING SELECT

Sessions are 5 weeks long | R: Residents NR: Non-Residents | Register in person

DAY	TIME	SESSION 1	FEES	SESSION 2	FEES
TUE	4:00pm-6:00pm	1/7 - 2/4	\$220R/\$242NR	2/10 - 3/9	\$220R/\$242NR
TH	4:00pm-6:00pm	1/9 - 2/6	\$220R/\$242NR	2/13 - 3/12	\$220R/\$242NR
SAT	1:00pm-3:00pm	1/4 - 2/1	\$220R/\$242NR	2/8 - 3/7	\$220R/\$242NR

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