

TENNIS ACADEMY SELECT

Fall 2018



FALL 2018: September 10 - December 9

The Academy program focuses on competitive greatness. The tennis development program brings together a selected group of players who are committed to hard work and tennis development. The program's training and practice sessions will simulate what it takes to overcome adversity on court. The sessions aim to strengthen a player both mentally and physically by continually testing a player's will. Many of the Academy's challenges take players out of their comfort zones, with each session providing an opportunity to adapt and improve, ultimately enabling players to realize their personal best. This level of sacrifice and effort will have a positive impact on the player's future in competitive tennis and life.

DEVELOPING ACADEMY GAME STYLE & CURRICULUM

Stroke Development & Tactics

- Developing Weapons for your game style
- Exploiting Weaknesses
- Tactical Patterns
- Dynamic Balanced Drill Sessions
- Situational Games

Mental Toughness & Rituals

- Resiliency to Adversity
- Leadership
- Poise in Tough Situations
- Making Sacrifices
- Mental and Moral Conditioning

Strength & Conditioning

- Speed and Agility
- Multi-Directional Movement
- First Step Explosiveness
- Core Development
- Injury Prevention

Play Development

- Competitive Greatness
- Engagement with Coaches
- Reliability and Responsibility
- Self Control
- Confidence
- Initiative

Academy Select Groups

Monday 7:00-9:00pm
Thursday 7:00-9:00pm
Sunday 2:00-3:30pm MATCH PLAY

Monday 5:00-7:00pm
Thursday 5:30-7:00pm
Sunday 5:00-6:30pm MATCH PLAY

Tuesday 3:00-4:30pm
Thursday 3:00-4:30pm
Sunday 12:30-2:00pm MATCH PLAY

COMPLETE CONDITIONING FOR TENNIS

We are heading in a new direction and running our Fitness Program on Wednesdays for the Fall & Winter. Testing will be done in regular intervals to gauge improvement! This class is included in all Academy Select programs!

Tennis Fitness Components

- Dynamic Warm Up
- Tennis Specific Complete Conditioning
- Yoga/Stretch Cool Down to finish

Fitness Tests

- Vertical Jump Test
- Medicine Ball Toss Test, Forehand & Backhand
- 20 Yard Dash Test
- Spider Run Test
- Sideways Shuffle
- 1 Minute Sit-Up Test
- 1 Minute Push-Up Test
- 30-Second First Step Test
- 1.5 Mile Run

Conditioning

Wednesday 5:30-6:30pm

508.906.1013
kcmtenniscoordinator@gmail.com

JUNIOR ACADEMY APPLICATION FORM

Participant _____ **Birthdate** _____

Parent/Guardian _____

Address _____

Home Phone _____ **Cell Phone** _____

Email _____

Current USTA Ranking _____

Current or future High School _____

High School position Starting Varsity Varsity Non-Starter Junior Varsity

Singles Doubles NA

Program availability* 3 Day 2 Day 1 Day

Interest in lessons Private Semi-private Small Group

Name of player for semi-private _____

Add me to the lesson distribution list Yes No

Interest in playing USTA Tournaments Yes No

Aspiring level Collegiate USTA Jr. National Ranking
 USTA Jr. Sectional Ranking High School Varsity

**ALL Academy players are encouraged to participate in the FULL PROGRAM (3 days/week) to see their efforts pay off and maximize results. If the player's schedule does not allow them to participate in all three days please let us know by using the comment section below. Please specify which days will work and explain the player's situation. FULL program participants will be given priority for positions over part time players. Commitment is King!*

Please indicate desired program Academy Select Futures 1 Futures 2
 Futures 3 Intro to Teen Tennis
 JV Prep Clinic Varsity Tennis

Parent/Player Comments/Questions _____

Member Type Member Non-Member

Payment Type Check House Charge (members only)

Credit Card: Type/Number _____ Exp.Date _____

I realize that the tennis programs are of a physical nature and the Kingsbury Club, its shareholders, directors, officers, employees, representatives and agents cannot be held responsible for any loss, claim, injury, damage or liability sustained or incurred by child during participation in our programs on the premises of Kingsbury Club, 2 Ice House Road, Medfield, MA 02052.

The Kingsbury Club reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Parent's Signature _____ **Date** _____

Academy Staff Only

