



Junior Tournament Training Program / Schedule 2010

Semester #1:	January 11, 2010 to May 14, 2010
Semester #2:	August 16, 2010 to December 17, 2010
Spring Break:	TBA
Summer Break:	May 15 - August 16, 2010
Thanksgiving Break:	Novemebr 22 - 26, 2010
Winter Break:	December 19 - January 10, 2010

Monday, Wednesday & Friday	
4:00 to 6:30 PM	On Court Training

Junior tournament training is targeted towards 10 - 18 year old committed tennis players. The program is structured for the competitive player who is focused on competing at the tournament level. The combination of intense physical conditioning, mental toughness training, stroke selection and match play will strengthen the player's tournament play. This program provides an opportunity for extensive training for those individuals with limited time.

****Schedule subject to change****