



## **TenTen Sports Academy Inc - 2011 Tennis Season** **@ Valley Tennis Club**

### **Junior High Performance Program (HPP)**

The focus of the **High Performance Program** is the development of your overall game, including physical condition, strength, and strategy. **HPP** makes use of intense on and off court training. The training is instructed by enthusiastic pros with a wealth of national and international tennis playing experience. This includes NCAA and Pro tour experience.

The **HPP** will assist in preparing you for competitive and tournament tennis but most importantly we will assist you in reaching your full tennis playing potential. Our theory is simple: the harder you work, the more you will improve, and as you improve the more favourable your tennis experience will be.

During each training session the **HPP** will place emphasis on Footwork, Movement, Agility and Fitness, Mental Toughness, Balance and Power, Match Play Strategy, and Technique Tweaking. We will assist you with handling Pressure in Competitive Situations. We will help you identify your strengths, and we will work to improve your weaknesses. We will also encourage a strong on court work ethic.

At the **HPP** we want you to reach your goals (and higher). We want you to play tennis with confidence.

The **HPP** is offered as a Spring Program (7 weeks) and Summer Camp Program.

**HPP** Summer Camp is run either as Morning, Afternoon or Full Day programs. (The Full Day program is recommended)

Please bring:

- Water Bottle (or two)
- Change of shirt
- Towel
- Lunch (for Full Day campers)
- Great Attitude

**For more information contact Brian Panovka: 905 771-7511 or [tenten@rogers.com](mailto:tenten@rogers.com)**