



JUNIORS HIGH PERFORMANCE DAY CAMPS

Beach City Tennis Academy has designed the Junior High Performance seasonal camps for Advanced players (NRTP ranking of 3.5 and above) between the ages 14-17 who have a current USTA Ranking. The camps offer Tennis and Fitness Training with detailed evaluation at the end of the 1-week program. All of the BCT camps are days only and don't require any overnights.

Training is offered by an award winning international coaching staff to help of camper reach their peak potential. The goal of this program is to prepare student athletes who want to improve as competitive interscholastic team tennis players in hopes of securing college scholarships or seeking to become professional tournament players.

Student Athletes should expect intense training to help them gain a competitive edge as they will see vast improvements in the levels. The camp is broken into 4 training segments; Performance Training, Fitness Conditioning, Mental Toughness, and Strategy Training.

Day 1 will focus on "Technical" (Ground Strokes, Net Play, Serve/Return, and Footwork). **Day 2** focuses on "Tactical" (shot placement, Strategy Concept, and Identifying Strengths/Weaknesses). In **Day 3** players will focus on "Performance" (Movement, Balance, Power, and Speed). **Day 4** players will learn proper "Conditioning" techniques (Strength, Flexibility, Speed, and Endurance). **Day 5** is dedicated to "Mental Toughness" (Emotions, Match Strategy, and Closing Combinations).

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