



## JUNIOR DEVELOPMENT DAY CAMPS

Beach City Tennis Academy has designed seasonal camps and year round camps that offer a 1-week Intensive Junior Development program for Intermediate players (3.0 to 3.5) between the ages 11-15. The Monday-Friday camps offer 1 hour each day of athlete training combining fundamental instruction, analysis, and physical and mental conditioning for the full time traditional student with detailed evaluation at the end.

The goal of these camp to be on ongoing platform to develop players seeking to become competitive players in team tennis and tournaments alike but are not currently USTA ranked. The Junior Development Camps include:

Ground stroke, transition/net play, serve/return and footwork.

Master shot sequences and court positioning to help execute match strategy successfully

Efficient and effective court movement techniques, how to increase balance, generate more power, and gain speed and explosiveness

Establish routines and preparation, manage emotions and address adversity

Identify opponent's strengths, weaknesses and style of play

Develop winning strategies and closing combinations

Play singles and double match against players of similar skill levels to test and improve all technical, tactical, performance and mental techniques

Build confidence, focus, and determination, compete at your best on any given day

Optimal everyday nutrition, eating plans, body

composition, energy balance and body weight issues, dietary supplements and hydration strategies

Sport-specific strength, power, movement, speed, agility, flexibility, and conditioning

Personal presence, communication skills, character building, accountability, and leadership skills

Your eye is a muscle - train it accordingly to help you 'see' the court like never before

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