



JR TENNIS ACADEMY

HIGH PERFORMANCE

The LSF Performance Team has come together to solve the problems of the modern competitive player: physical, tactical and emotional barriers keep players from reaching their maximum performance levels. This program offers a two-front approach to providing on and off court tools to break through those barriers and reintroduce the 5 principles of high-performance tennis: 1. physical development, 2. stroke production, 3. court strategy, 4. match preparation and 5. emotional development. The coaches will work together to give real-time feedback to the players in a positive, competitive environment. This approach will give players a complete view of all aspects of competition.

UTR 5+: This group is designed for players competing at a 5 or above, based on the Universal Tennis Rating system. A player must compete in 12 sanctioned matches before they are recognized by UTR.

Monday: 5-7pm
Wednesday: 5-7pm
Sunday: 3-5pm

UTR 4.9 and under: This group is designed for players competing at a 4.9 or below, based on the Universal Tennis Rating system. A player must compete in 12 sanctioned matches before they are recognized by UTR.

Tuesday: 5-7pm
Thursday: 5-7pm
Saturday: 3-5pm

Performance Plus Non UTR: This program is designed for players who are starting to compete based on the Universal Tennis Rating system. Players must be currently competing in sanctioned events.

Friday: 5-7pm
Saturday: 3-5pm

Junior Academy: All Academy classes are for preparation and skill development leading into High Performance Academy.

Monday: 4-5:30pm, 5:30-7pm
Tuesday 4-5pm
Wednesday 4-6pm
Thursday 4-6pm

For more information, or to register please contact:

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Junior Academy
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