

# JR TENNIS ACADEMY HIGH PERFORMANCE

The LSF professional coaching staff continually refines its Junior Academy Program to enable junior tennis athletes to achieve successful outcomes in today's modern competitive environment. All programs encourage a regiment of tournament and matchplay. LSF has highly-skilled resources from other disciplines to help develop a complete athlete.

## **Elements of the program include:**

1. Advanced technical skill development
2. Match strategy and tactics
3. Mental preparation
4. Physical strength, speed and agility conditioning
5. Emotional intelligence

## **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.

**Mondays & Wednesdays: 5-8pm**

## **Junior Academy**

Academy programs help juniors prepare for tournament, high school and college level competition.

**Mondays & Wednesdays: 4-6pm**

**Tuesdays & Thursdays 5-7pm**

**Saturdays & Sundays 1-3pm**

**For more information  
or to register please contact:  
[LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com)**