



High Performance Program (HPP) Tennis Program for Juniors **@ Valley Tennis Club**

Our **High Performance Program** is for competitive and tournament level players wanting guidance in taking their game to the next level and beyond. Focus is on game development, which includes well formulated on court training, physical conditioning, and the mental approach to tennis. The **HPP** also places much emphasis on footwork. We feel footwork to be the foundation of a successful player. The HPP training is instructed by enthusiastic pros with a wealth of national and international tennis playing experience, that includes NCAA and Pro tour experience.

The **HPP** will assist in preparing students for competitive and tournament tennis. Importantly it will assist students in reaching their full tennis playing potential. Our theory is simple: the harder you work, the more you will improve, and as you improve the more positive 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 students with handling Pressure in Competitive Situations. We will help students identify their strengths, and we will work to improve weaknesses. We will also encourage a strong on court work ethic.

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

The **HPP** is offered as a Spring Program (7 week program, 5 weekdays to choose from) and a Summer Camp Program (morning, afternoon or full day options).

HPP Students are required to bring the following to each class or camp:
Water Bottle, Change of shirt, Towel, skipping rope, and a Great Work Ethic.

**For more information contact Head Pro: Brian Panovka:
905 771-7511 or tenten@rogers.com**

Venue: Valley Tennis Club (Cnr Yonge St and Mill St, 2 blocks south of York Mills)