

HIGH PERFORMANCE JUNIOR TENNIS ACADEMY

Offered Monday - Thursday from 2pm – 5pm

Ages 10+

This program is designed for dedicated tournament players. Our High Performance program conditions all areas from fitness, conditioning and mental toughness to point play, live ball drilling, play patterns, match play and technique adjustments. Participants learn to incorporate power and different spins into their shot making. Shot patterns, proper footwork, offensive and defensive strategy will improve through drilling as well as supervised match play. Participants must understand rules and etiquette for matchplay, as this is a large aspect of our program. Private lessons are recommended at this level as each individual begins to develop his or her own playing style.

2026 Holiday Sessions:

1: December 21st - 24th

2: December 28th-31st

Monday - Thursday (per day)

Members: $60 Non Members: $70

Monday - Thursday (weekly)

Members: $220 Non Members: $265

Register Online or Scan the Code:

www.LaCostaTennisCamp.com

For more information contact:
Director of Racquets, Caio Barros
cbarros@cliffdrysdale.com • 760.931.7501
www.lacostajrtennis.com

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