



HIGH PERFORMANCE JUNIOR TENNIS ACADEMY

Offered Monday - Friday from 4pm - 6pm

Ages 10+, Invitation Only

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.

2024 Spring Break Session:

April 1st - April 5th

Monday - Friday (per day)

Members: \$45 Non Members: \$55

Monday - Friday (weekly)

Members: \$165 Non Members: \$195

Register on the App:

For more information contact:

Director of Racquets, **Bryce Cunningham**

b.cunningham@cliffdrysdale.com • 760.931.7501

www.lacostajrtennis.com



CLIFF DRYSDALE TENNIS

OMNI
LA COSTA