

Maximum Performance Training

Maximum All-Sports Performance Training

Athletes are trained to reach their maximum performance level via flexibility, endurance, speed, and agility training. Certified Instruction designed to develop each participant into a better athlete and promote a healthy lifestyle.

Maximum Junior Excellence Specialty

Training Program

Program designed for the new athlete or students interested in learning skills to help live a healthy lifestyle. Students are taught coordination, strength, endurance, flexibility and agility. This special program for kid's ages 7-14 years old is designed to teach motor skill development, proper running and jumping technique, and injury prevention are critical to future athletic success.

Month	Days	Training Time
June	M, W, F	I. 4:00-5:00pm II. 5:00-6:00pm
July	M, W, F	I. 4:00-5:00pm II. 5:00-6:00pm
Aug	M, W, F	I. 4:00-5:00pm II. 5:00-6:00pm

ALL-SPORTS TRAINING (10-18yrs) -

\$300(12 sessions)

Tennis Players Special \$100 (12 sessions)

*Special for Tennis players registered for summer program and/or currently a member of Maximum Tennis Academy

Month	Days	Training Time
June	Tuesday and Thursday	I. 5:00-5:45pm II. 5:45-6:30pm
July	Tuesday and Thursday	I. 5:00-5:45pm II. 5:45-6:30pm
August	Tuesday and Thursday	I. 5:00-5:45pm II. 5:45-6:30pm

MTA-Junior Excellence Performance Training

Ages 7-14

\$200 (12 sessions)

Maximum Tennis Academy is a High Performance training program designed to help athletes of all levels reach their individual goals in a positive environment. Participants of Maximum Tennis Academy will be provided with a solid foundation of the basics, along with the cutting edge modern tennis principles.



Maximum Tennis

Maximum Tennis Academy

Forsyth Country Day School

Phone: 336-287-8544

Fax:

Email: denard@maximumtennisacademy.com

Maximum Tennis Academy

Summer Training Camps

Junior Development Specialist

Tel: 336-287-8544

Group Description and Requirements

Future Stars-Early Stage 1 (ages 5-8)

This group will focus on coordination and FUN. Juniors are taught basic technique, how to maintain rallies, and basic rules. Students will be taught in a mini-tennis format.

Hot Shots-Advanced Stage 1 (ages 8-12)

Students will focus on early stroke development and rallying. This is the stage where students will begin to form a solid technical foundation. Advanced basics such as topspin, the serve, and simple strategy(patterns) will be taught. Students will be taught in a mini-tennis format.

Requirement for participation: student must have the ability to rally 25 balls w/coach and evaluation.

Challenger Group-Stage 2 (ages 10-14)

Students in this stage continue to develop solid fundamentals on the court (full court play). Technique and consistency of groundstrokes will take high priority during this stage. Placement and racquet head speed will be taught, along with the different stances and spins. Requirement for participation: students must have the ability to rally 50 balls with coach and evaluation. Must be in pursuit of a North Carolina state ranking.

Academy Training-Stage 3 (ages 10-18)

Students at this stage are directional skills and neutralizing patterns as well as transitioning to the net. Players in this stage are learning how to compete. All parts of players game are Requirement for participation: Must have state ranking and pursuit of a sectional ranking* and evaluation.

*Players must be seeking entrance in an USTA/Southern Tennis Association Designated Bullfrog Tournament and/or competed in two Southern Level 3 events.

Academy Travel Team-Stage 4 (ages 11-18)

Juniors will begin to fine tune their shots (i.e. weapons) and maximize their style of play. Shot selection and advanced tactical play will be taught. Requirement for participation: pursuing National ranking*

MTA-TRAINING CAMP

AGES 5-14 YEARS OLD

(Advanced STAGE 1 – STAGE 2)

Camp Dates	Time
1. June 20-23	3:00pm-6:00pm
2. June 27-30	3:00pm-6:00pm
3. July 11-14	3:00pm-6:00pm
4. July 18-21	3:00pm-6:00pm
5. July 25-28	3:00pm-6:00pm
Monday-Thursdays (Friday rain make-up day)	
\$140 – per week or \$500 for all (5) weeks. **15% multi-child discount**	

Future Stars

Ages 5-8 YEARS OLD

(Early STAGE 1)

PROGRAM	DAYS	TIME
Tennis Training	Monday-Thursday**	8:00-9:30am
\$70 – per week. *15% multi-child discount* **Same weeks as MTA-TRAINING CAMP		

SUMMER JUNIOR TOURNAMENT CAMP

FOR THE SERIOUS TENNIS PLAYER SEEKING NATIONAL, SECTIONAL, OR STATE RANKINGS

(STAGE 3 – STAGE 4)

Camp Dates	Time
1. June 6-7	9:00am-1:00pm
2. June 13-16	3:00-7:00pm
3. June 20-23	9:00am-1:00pm
4. June 27-30	9:00am-1:00pm
5. July 11-14	9:00am-1:00pm
6. July 18-21	9:00am-1:00pm
7. July 25-28	9:00am-1:00pm
Monday-Thursdays (Friday rain make-up day)	
\$170 – per week.	

Find out about multi-child and multi-session discounts

Registration Form

Player's Name _____ Age _____

Parent's Name _____

Address _____

Email Address _____

Phone _____ Emergency# _____

STUDENT TENNIS EXPERIENCE LEVEL:

__Beginner __Intermediate __High School __Tournament

Latest Ranking: National ___ Sectional ___ State ___

Best Tournament Results: _____

SELECT CAMPS (Circle)

(15% multi-child discount)

Future Stars-\$70/ MTA-Training Camps-\$120

1. June 20-23
2. June 27-30
3. July 11-14
4. July 18-21
5. July 25-28

Summer Junior Tournament Camp-\$170

1. June 6-7
2. June 13-16
3. June 20-23
4. June 27-30
5. July 11-14
6. July 18-21
7. July 25-28

Maximum All-Sport Performance Training(12 sessions)

1. June Session I Session II
2. July Session I Session II
3. August Session I Session II

Maximum Jr. Excellence Performance Training Tuesday and Thursday

Maximum Tennis Academy

Forsyth Country Day School

Phone: 336-287-8544

Fax:

Email: denard@maximumtennisacademy.com