

SUMMER PERFORMANCE TRAINING CENTER

It is our goal to create the South's top junior tennis training center, further the growth of tennis in Memphis, and generate first class environments for local players. We believe that creating a competitive and fun environment at The Racquet Club for EVERY LEVEL JUNIOR is critical to each player's development. We want kids who start here as five-year old JUNIOR STARS to have the opportunity to grow through the years here at THEIR CLUB, developing into HIGH SCHOOL PLAYERS, SECTIONAL CHAMPIONS, NATIONAL CHAMPIONS, and COLLEGE SCHOLARSHIP PLAYERS. Being able to spend a tennis career at the same hometown club, receive a consistent coaching philosophy, and have all aspects of the game covered is such an advantage for RC juniors. If you have any questions about the Summer Performance Training Center, please contact Coach Matt Walker at 901.765.4408.

Some major highlights to consider when looking at participation in this one-of-a-kind program include:

AVAILABLE HOURS AND TIME ON COURT – We have multiplied the standard “workshop” hours from 51 hours to 199 hours for the top four groups. Hours available and camps available for other ages, levels, and groups have also been enhanced.

ALL PRACTICE NECESSITIES ARE MET THROUGHOUT THE SUMMER AND ARE BUILT AROUND RECOMMENDED TOURNAMENT SCHEDULES – The main areas of practice for the sport of tennis include ball striking/rallying, serve/return, match play, strength and conditioning, and individual development. All five components are necessary for the complete development of a player at any level, from high school tennis to professional play, in order to maximize potential.

COACHING VARIETY AND ACCESS TO COLLEGE COACHES – The SPTC is hosting MULTIPLE GUEST COACHES throughout the summer to provide access to new ideas, techniques, and opportunities. These guest coaches, who are visiting on different days throughout the summer, include college coaches, college players, and touring professionals.

SCHEDULING AND INDIVIDUAL MEETINGS – The staff at The Racquet Club and the SPTC staff are committed to providing training, playing opportunities, and individual meetings to all participants to ensure that the goals set forth by each player are approached in an organized and intentional fashion. Individual meetings regarding tournament and training schedules will be conducted once a player has signed up for SPTC.

RAIN OR SHINE / MULTIPLE SURFACES – The RC is one of the top facilities in the South. The privilege of playing at such a facility provides each player with the ability to play on THREE different surfaces (clay, hard, and indoor). The development of a player at all levels should include time on each surface, providing variety and different physical and tactical lessons. Additionally, times provided at the SPTC are RAIN OR SHINE. Each participant can count on achieving his/her hours on court every day.

REDUCED HOURS SCHEDULE - On days when the juniors are just returning from tournaments, there are REDUCED HOUR TRAINING days available FOR ALL GROUPS.

COST – The staff at The RC has worked diligently to provide this summer opportunity at the most effective and efficient cost.

Many other advantages exist for each participant, and we want to ensure that each player participating in the SPTC has a fun, competitive, balanced and beneficial summer to the complete development of the individual not only as a tennis player, but as a person. Our staff is committed to make each summer the most enjoyable and fun-packed summer yet at The RC.

SPTC GROUP SCHEDULE & GROUP PLACEMENT GUIDE

Although all players are placed in a group that is competitive to his/her individual level and experience, below is a general outline of the groups in place for the SPTC, and the criteria for each group. Each junior is evaluated continuously throughout the summer to ensure he/she is in the most competitive and effective group in order to maximize each player's fullest potential. Coaches at the SPTC are committed to providing the highest level of training and coaching to ensure full development of each player.

COMPETITION GROUP A

12's and 14's sectionally-ranked players

14's - 18's competitive high school players

TYPICAL DAILY SCHEDULE

MATCH PLAY * 8:00 - 10:00 am OUTDOORS

If it is RAINING, Match Play is THE SAME TIME INDOORS

BREAK * 10:00 - 11:30 Am

ATHLETE-APPROPRIATE SNACKS are being provided during this time.

TENNIS TRAINING * 11:30 - 1:00 pm indoors

LUNCH * 1:00 - 2:30 pm

FITNESS TRAINING * 2:30 - 3:30 pm

COMPETITION GROUP B

10's - 14's state-ranked players

TYPICAL DAILY SCHEDULE

TENNIS TRAINING * 8:30 - 10:00 am indoors

BREAK * 10:00 - 11:00 Am

ATHLETE-APPROPRIATE SNACKS are being provided during this time

MATCH PLAY * 11:00 - 12:30 pm outdoors

If it is RAINING, Match Play is 3:00 - 4:30 PM indoors

COMPETITION GROUP C

16's and 18's nationally-ranked players

16's and 18's sectionally-ranked players &

14's Nationally-Ranked Players

TYPICAL DAILY SCHEDULE

TENNIS TRAINING * 10:00 - 11:30 am INDOORS

LUNCH BREAK * 11:30 - 1:00 pm

MATCH PLAY * 1:00 - 3:00 pm OUTDOORS

If it is RAINING, Match Play is 4:30 - 6:30 pm INDOORS

FITNESS TRAINING * 3:30 - 4:30 pm

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TEAMS NADAL and Davenport

Beginning tournament players

generally between the ages of 11 and 15

DAILY SCHEDULE

TENNIS TRAINING & MATCH PLAY

1:00 - 3:00 Pm indoors

If it is RAINING, Match Play & TRAINING are THE SAME TIME indoors.