



SUMMER ELITE TENNIS TRAINING

(Ages 13-18 / Grades 7-12)

MON. JUNE 10TH – THU. AUGUST 8TH (OFF JULY 4TH WEEK)

(SEE DETAILS ON BACK)

REGISTER @ [ATLETSPO RTS.COM/CAMPS](https://atletsports.com/camps)



PERFORMANCE
TRAINING



LATERAL AGILITY



SERVE SPEED /
VIDEO ANALYSIS



PLYOMETRICS



ATLET ELITE TENNIS

TRAINING PROGRAM

TRAINING SCHEDULE:

- MON (10:15am – 11:30am)
- WED (10:15am – 11:30am)

"Atlet Trained" Performance T-Shirt

TRAINING INCLUDES:

- Serve Speed Metrics & Video Analysis
- Upper Body Stability & Strength
- TPI Rotational Program
- Plyometrics & Lateral Agility

\$100 ADDITIONAL PRICING

Full Recovery Therapy Access

Proven 4 Sport NSF Certified Recovery Drink Supplements

LOCATION

ATLET SPORTS TRAINING FACILITY

COST

\$295 / ATHLETE (\$147.50 x 2MO CREDIT CARD)

REGISTRATION

ATLETSports.COM/CAMPS