



SUMMER ELITE TENNIS TRAINING

(Ages 13-18 / Grades 7-12)

WED. JUNE 2ND – WED. JULY 28TH (OFF JULY 5TH & 7TH)

(SEE DETAILS ON BACK)

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



PERFORMANCE
TRAINING



LATERAL AGILITY



SERVE SPEED /
VIDEO ANALYSIS



PLYOMETRICS



ATLET *ELITE TENNIS*

TRAINING PROGRAM

TRAINING SCHEDULE:

- MON (1:00pm – 2:15pm)
- WED (1:00pm – 2:15pm)

TRAINING INCLUDES:

- Serve Speed Metrics & Video Analysis
- Upper Body Stability & Strength
- TPI Rotational Program
- Plyometrics & Lateral Agility
- "Atlet Trained" Performance T-Shirt
- 50% Off NSF Supplements & Protein
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LOCATION

ATLET SPORTS TRAINING FACILITY

COST

\$365 / ATHLETE (\$182.50 x 2MO CREDIT CARD)

REGISTRATION

ATLETSports.COM/CAMPS