

# High School Team Training



## Program Description:

This group is specifically for high school tennis players who compete on their tennis teams or are ranked tournament players. Advanced fundamentals and footwork will be taught and practiced as well as patterns of play, strategy, and conditioning for tournaments. In addition, correct doubles play techniques and strategies are taught and practiced.

## Dates:

**Session 1: Mondays & Wednesdays June 4, 6, 11, 13, 18, 20<sup>th</sup>**  
**Session 2: Mondays & Wednesdays July 9, 11, 16, 18, 23, 25<sup>th</sup>**  
**Session 3: Mondays & Wednesdays Aug 6, 8, 13, 15, 20, 22<sup>nd</sup>**



## Fee:

**\$70 PJCC Member/per session \$75 Non PJCC Member/per session Drop in \$15**

## Age & Time:

**Grades 7 – 12 6:30 pm - 8:00 pm**

## Instructor:

**PJCC Director of Tennis & Staff**

## Location:

**Port Jefferson Country Club, 44 Fairway Drive, Port Jefferson, NY 11777**

## Notes:

**All equipment provided**

## Registration:

**PJ Rec Dept., 2<sup>nd</sup> Floor Village Center, 101-A East Broadway, 631-802-2160**

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 Please make checks to: Inc. Village of Port Jeff

Program: HS Drill Program

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **session #:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Emergency Contact :** \_\_\_\_\_

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**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_



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Session 1

Session 2

Session 3

