



## Performance's Select Tennis Academy

**Who:** Players ranked in the top 150 of the USTA North Carolina state ranking and selected by Performance Staff.

**What:** Advanced stroke production, strength & conditioning training, strategy & tactics, tournament charting and video analysis designed to get the player in the top 50 in the state ranking in 2014. Special access to Select Academy players website to view updated player stats, pictures and videos. 10% discount on all Performance Pro Shop products and services!

**When:** Select Academy practice sessions are held every Tuesday and Thursday afternoons from 5:30-7:30 pm. (Summer session meets from 4:30-7:30 pm.) Select Academy members also can attend the training academy practice sessions for no additional charge held on Mondays and Wednesdays from 5:30-7:30 pm. Select Academy players will also be

charted at pre-determined tournaments in North Carolina throughout the year.

**Where:** Performance Tennis Academy at the Sportscenter.

**How:** By invitation only from the Performance Tennis Academy staff.

**Cost:** \$225 per month

### PRACTICE STRUCTURE

We Utilize a College Practice Structure to Prepare for Competition: A typical Select practice session could consist of the following:

- 1) Tennis Specific Strength and Conditioning - 30 minutes
- 2) Pre-Hitting and Rallying Games to Warmup - 15 minutes
- 3) Consistency Rallying & Point Play - 30 minutes
- 4) Conditioned Match Play for both Singles or Doubles - 45 minutes

We recommend two to four private lessons per month to improve individual needs at a discounted rate of \$40.00 per hour.

Originally from Hershey, PA, Andrew and his family relocated to Rogers, Arkansas where he developed the passion for tennis as a Junior, USTA participant. His Junior career consisted of experience in local tournament tennis and 4 years of Varsity Level Tennis on his High School Tennis Team. While in High School Andrew consistently carried the #1 and #2 rankings in Singles and Doubles play for his team. In his final 2 years of play, Andrew qualified for both the schools conference and state championship tournaments where he placed in the top end of the final fields. After graduating high school, Andrew and his family moved to Charlotte, NC where he naturally carried over his passion for tennis. Joining Performance Racquet Sports in the Summer of 2013 he has taken his enthusiasm for the game and found a way to pass on his knowledge and experience to our Academy and Select Junior Tennis program players. Under the apprenticeship of our experienced staff, Andrew is currently studying for his USPTA (United States Professional Tennis Association) Tennis Teaching Certification, which will further advance his skills and instruction methods for our Academy programs.

**Andrew Jones**  
Tennis Professional

A Concord native, Rena is a graduate of Northwest Cabarrus High School where she played #1, was two times All Conference and was granted a tennis scholarship to Pfeiffer College. She is a USPTA certified professional in good standing and has been teaching QuickStart to children in the Logan community for the past 5 years. She has been a State and Southern Section Champion in Combo and Mixed Doubles. Rena looks forward to bringing a new generation to tennis.

**Rena Goolsby,**  
USPTA Certified Professional  
Director of 12 & Under Tennis

Coming to Performance Tennis, Jack brings over 35 years of teaching tennis experience. Jack has over 25 years of head tennis professional experience at clubs in Virginia and North Carolina. A graduate of Virginia Tech University he served as Men's and Women's head tennis coach at Catawba College from 1998 - 2004. From 1982-1983 he was a touring coach for his sister Leigh Anne, who attained a world ranking of 27 on the Women's Pro Tour. Jack is a co-author (with sports and orthopedic physical therapist Gray Cook) of two critically acclaimed books on tennis specific conditioning: Power, Speed and Stamina for Tennis (1999) and The Complete Guide to Tennis Specific Conditioning (2011). As a player, Jack has been consistently ranked among the top of his age division. Jack is the current PTR International men's 60's singles champion.

**Jack Thompson**  
Head Tennis Professional  
PTR International Master Professional

Before joining the Sportscenter staff, Mark was the Head Tennis Professional and Membership Director at Charlotte Racquet Club North. Mark is originally from Charlotte and was a state ranked junior player growing up. He graduated from and played Division I tennis at the University of North Carolina at Charlotte. He is a USPTA certified professional in good standing and currently signed as a member of Team Prince advisory staff professionals. He currently has a NTRP benchmark rating of 4.5 and finished 2010 as the #1 ranked Mens 4.5 doubles player in the state of North Carolina. He also finished 2010 as a member of the #3 ranked Mens 5.0 double team in the USTA Southern Region and was the North Carolina Soft Court Closed Mens 4.5 and 5.0 USTA champion. Mark has been a member of several championship and sectional finalist Mens 4.5 and 5.0 USTA league teams, most recently in 2006 thru 2011. Mark looks forward to serving the Sportscenter members and sharing his many years of tennis experience with them.

**Mark Allen,**  
Director of Tennis  
USPTA Certified Professional

SPRING/SUMMER/FALL 2016

5 - 18 YEARS OLD

## QUICK START/TRAINING/SELECT ACADEMIES



ELEVATE YOUR GAME



## QUICK START/TRAINING SELECT ACADEMIES

### Mission Statement

The staff of the Performance Tennis Academy believes that teaching character, honesty, integrity, self-reliance and independence is paramount to success in the sport of tennis. We further believe that it is essential that students develop equal skill proficiency in all areas of the court (i.e. backcourt, mid-court, etc.). Finally, it is our goal to teach percentage strategy and tactics for doubles and singles play and to aid each student in developing a game style consistent with their strengths, interests and goals.

The Performance Tennis Academy combines the talents of three of the country's pre-eminent tennis teachers and coaches to provide a unique tennis learning and training experience. Unlike the approach favored by many academics that use predominantly dead ball (i.e. feeding) drills to build

a largely backcourt game, the Performance Tennis Academy stresses the development of a complete game through primarily live ball work. Students learn to play from all areas of the court (baseline, mid-court, and net). They learn how to defend and how and when to attack. More importantly, they learn percentage tactics for singles and doubles, how to build points and how to defeat different game styles. Furthermore, each student is assisted in setting realistic goals and adopting training and playing regimens consistent with those goals.

### WHO IS THE ACADEMY FOR?

The Performance Tennis Academy is for boys and girls of all ages and abilities. Additionally, the Academy is for players who are looking to improve their tennis skills and move through our different tennis academy levels.



**QuickStart Tennis** is an exciting new play format for kids to learn the game of tennis. The equipment and court dimensions are adapted to the age and size of children, just like in other youth sports. The tennis balls are lower in compression and don't move as fast, so they are easier to hit and allows kids time to get to the ball. Racquets are sized for smaller hands, and the courts are smaller making them easier to cover.

The children will be grouped by age and ability. The activities will be geared towards their specific age and skill level.

The basic philosophy behind QuickStart Tennis format is for kids to

have fun learning and playing tennis. In addition to learning the skills needed by children to play the game of tennis successfully, we will make practice sessions fun and safe for your child. Our goal is to keep your children active and involved in tennis for years to come.

QuickStart Academy meets Tuesdays and Thursdays from 4:30 to 5:30 pm.

**Cost** per single session is \$14.00 per session. A book of 10 sessions is \$100.00.

\*We recommend one to two private lessons per month to improve individual needs at a discounted rate of \$30.00 per hour.

Sample Practice sessions will cover the following topics: fundamental stroke production for both forehand and backhand, serves, returns, volleys, overheads and lobs. Fundamentals of effective footwork along with beginning singles and doubles play strategy.



Sportscenter Tennis Club is a USTA Community Grant Award Winning Facility.

**The Performance Training Academy** is for boys and girls who are seeking to join or are presently competing on a middle school or high school team. Additionally, the Academy is for players who are working to attain or improve a state ranking.

Performance Training Academy meets Monday and Wednesday from 5:30-7:30 pm. (Summer session meets from 4:30-7:30 pm.)

**Cost** per single session is \$24.00 per session. A book of 10 sessions is \$180.00.

\*We recommend one to two private lessons per month to improve individual needs at a discounted rate of \$40.00 per hour.

### PRINCIPLES USED FOR EFFECTIVE PRACTICE

The principles listed below will help our students maximize their time on the court:

1) Set goals for each day and drill  
Examples include: hitting with more depth, reducing unforced errors, developing a weapon, hitting high percentage shots, attacking short balls, and finishing points at the net.

2) Have fun while working hard  
Working hard instills a sense of accomplishment.

3) Structure drills and rallying sessions designed to help the players to COMPETE under match conditions.

The more often our players compete in practice, the better they will compete in matches.

4) Keep focus high