



# HIGHPOINT TENNIS

## Pre-Season: P4 Program, January 4th – January 31<sup>st</sup>

The P4 preseason program is designed specifically for players, grades 8-12, looking to get a good start to the new season. Whether you're just realizing you haven't touched a racquet since last year and are having a panic attack or whether you're looking to get as much training in as possible prior to tryouts, this program will have you covered. Each week focuses on specific aspects of the game such as physical fitness, strategy and execution, and mental toughness/supervised match play.

### Physical- Week 1

- Agility, speed, and strength training

### Preparation – Week 2

- Technique week with emphasis on proper form and stroke mechanics

### Performance /Psychological- Week 3

- Mental Toughness and Strategic aspects of tennis and competitive sports

### Playing- Week 4

- Supervised Match Play

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Advanced Training, Varsity level - Time 4:00PM-6:00PM (Monday, Wednesday, Friday)  
12:00PM-2:00PM (Saturday, Sunday)

Beginner/Intermediate Training, Middle School/Junior Varsity- Time 4:00PM-5:30PM (Monday, Wednesday, Friday) 12:00PM-1:30PM (Saturday, Sunday)

### Costs per Session

- 4 week pass: \$450
- 2 week pass: \$275
- 1 week pass- \$150

**To sign up please contact Ben Bowen, [bbowen@wellbridge.com](mailto:bbowen@wellbridge.com)**

Highpoint Sports and Wellness

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