



TTP UPDATE

Dear Parents,

I hope this finds you well. We have had a very exciting summer with some great results. We had players make the last day of sectionals, represent New England in Zonals, qualify for super nationals, compete in college ITA events, and commit to colleges. Here are some of the great aspects of our program!

Please make sure to sign up for our next TTP session starting on **September 6th**.

Tournament Travel

Our program is specifically designed for tournament performance. We have had a positive increase in tournament participation and are looking for ways to enhance this experience. We will have a travel program available for any TTP participants. A master schedule will be created for the session where a TTP coach will be traveling to a local tournament once a month. This will allow us to see the players perform under pressure and continue to promote a positive team environment.

Fitness Program

The physical component of tennis is often overlooked. A comprehensive tennis training program of all high performance players includes an intense, specific fitness program. In the past we have not put enough emphasis on this component and I believe with a proper program the players will make fantastic improvements. We will be working together with the fitness staff and local sports performance trainers to add a specific program. The program will include the following:

- Screening test for movement, strength, deficiencies, and flexibility
- Individual player profiles
- Focused training on coordination, flexibility, strength, speed, endurance

With the screening tests we will be able to identify areas of deficiencies and create programs specifically designed to combat these. This will help improve general biomechanics, movement, and injury prevention.

Drop-in/Pre-pay

In order to provide the best possible program it is essential that we are aware of how many players are coming each day. Knowing the number of players allows us to staff properly, create appropriate player/coach ratios, and prepare the appropriate content for the day. This will also clear up billing confusion at the end of the month. We are asking you to please pre-pay for the session. Moving forward the drop-in fee will be \$100/day.

My Best!

Jared Flick