

## HOBSON

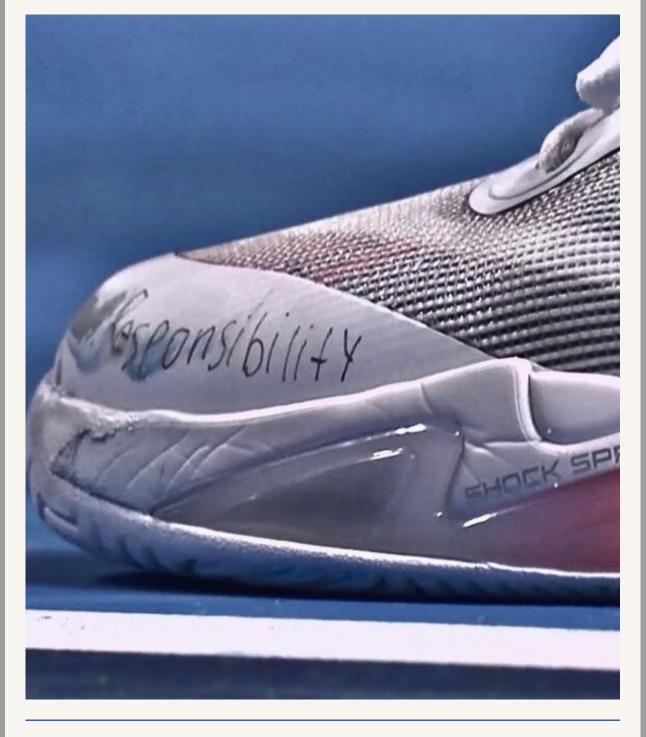
#### PERFORMANCE











**Responsibility** is a powerful theme that resonates deeply within the realm of athletic training and personal growth, as exemplified by Andrei Rubley's poignant reminder inscribed on his shoe this week. In an age where information and knowledge are abundantly accessible, it is imperative for athletes to not only acquire this wealth of insight but to actively apply it in their training and daily lives. True responsibility lies in taking ownership of one's journey, utilizing the education gained to enhance performance and cultivate resilience. By embracing this mindset, athletes can transform their potential into achievement, inspiring others through their commitment to integrity and character development. At Hobson Performance Tennis, we celebrate the success stories that emerge when individuals take responsibility for their training, demonstrating how knowledge can be a catalyst for reaching personal and competitive goals. Let us reflect on our own responsibilities in the pursuit of excellence, fostering a culture of empowerment and motivation that aligns with our vision for comprehensive player development. Together, let us commit to making the most of the knowledge we possess, ensuring that our actions reflect our aspirations and dedication to growth.

# Spring Break Training 2025

March 17th - 21st

**Monday - Thursday** 







😂 9.30-11.00 - Mental toughness & Brunch - Cafeteria

11-1.00pm - Points and Situations

🜎 1-1.45pm - Strength and Power

**Friday** 

9 7-11.00am

(404) 374 - 9750



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TUTR Tournaments onsite are held on the weekend

March 22nd - 23rd UTR



Skill testing for every player Video analysis and coach recommendation video **Tactical and Mental** presentation off court No housing provided. 24 Players maximum/

State College of Florida, 5840 26th St W, Bradenton, FL 34207

#### TACTICAL DEVELOPMENT INFORMATION

### COURT POSITIONONG - Closer to the baseline -Federer's contact points VS Nadal's depth **Positioning Positioning** 2009 Madrid -Federer def. Nadal 6-4 6-4 2010 Madrid -Nadal def. Federer 6-4 7-6 (5)

If you are interested in coming for a FREE 1 DAY tryout please reply: **Serious Training.** 



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