



Subject: Spring Break Training coming up

Just wanted to email and let you know that our Spring Break Training is coming up!

It starts on the 17th of March and runs for the whole week (with an UTR tournament on the weekend!).

The Camp is for kids aged 9 and over who are serious about their tennis and have ambitions of playing college tennis in the future, at a minimum.

The camps will run the following schedule:

- 7.00am-9.30am Movement and On-court training
- 9.30am-11.00am Mental Toughness & Brunch - Cafeteria
- 11.00am-1.00pm - Points and Situations
- 1.00pm-1.45pm - Strength and Power

And then during the weekend (March 22nd and 23rd) we'll run a UTR tournament that is the perfect place for the player to put their newly acquired skills to the test.

During the camp we will do:

- In-depth skill testing
- Video analysis
- Record a tailored feedback video with recommendations on what to work on to improve further
- A tactical and mental presentations on and off-court
- Power and Strength program
- And much more

At the time I'm writing this email there are only 9 spots available.

If you'd like to take one of them, reply to this email with the word "Spring" and I'll send you the full details.

Or if you've got any questions, let me know too. I'll be reading and replying to

every email over the next few days.

Ashley

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