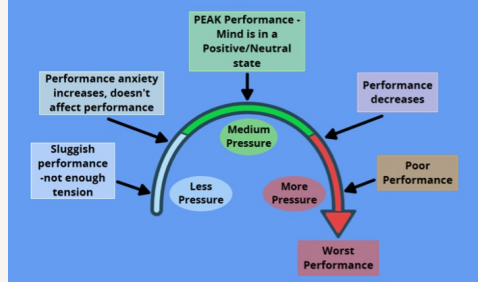


TECHNOLOGY IN TENNIS

MAKING PLAYERS BETTER FASCINATES US AND WE ARE ALWAYS LOOKING AT WAYS TO MAKE PLAYERS BETTER. SOME OF THE WAYS WE DO THIS ARE TRULY INNOVATIVE



The Performance Curve and Nervousness





Technological innovation applied to tennis coaching is one of my core passions.

Here are some of the tech solutions that you in use in our training currently:

- CUSTOMIZED BALL MACHINES
- BALL FEEDERS
- BLAZEPODS
- RACKET SPEED INNOVATION
- PHYSICAL TRAINING INNOVATION
- DART FISH VIDEO ANALYSIS
- SHOT SPEED TESTING WITH RADAR
- SWING VISION MATCH ANALYSIS

If you'd like your player to come and do the skill testing with us, and use our technology to get better, then the Spring Break Training that I will be running soon, is the perfect place to do it.

It's for kids aged 9+ who are serious about their tennis and have ambitions of playing college tennis in the future, at a minimum.

They 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 your 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 presentation off-court
- And much more

At the time I'm writing this email there are only 3 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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