

PCC JUNIOR TENNIS ACADEMY

AGES 9 & UP

JUNE 5 - AUGUST 18, 2017

Program Rates & Structure

Rate	Weekly		Daily	
	Full Day	Half Day	Full Day	Half Day
	\$400	\$275	\$100	\$75
Inclusions	-5 full days of instruction -Level & age appropriate groups -Fitness -Video Analysis -Drills -Match Play	-5 half days of instruction -Level & age appropriate groups -Fitness -Video Analysis -Drills -Match Play	-Daily full day instruction -Level & age appropriate groups -Fitness -Video Analysis -Drills -Match Play	-Daily half day instruction -Level & age appropriate groups -Fitness -Video Analysis -Drills -Match Play

FULL DAY SAMPLE SCHEDULE

Time	Activity
9:00am – 9:30am	Dynamic stretching
9:30am – 11:00am	On-court stroke demonstrations; drills emphasizing proper technique & footwork; video analysis
11:00am – 11:30am	Point play; live ball exercises
11:30am – 12:00pm	Fitness exercises focusing on speed & agility; static stretching
1:00pm – 1:15pm	Dynamic stretching
1:15pm – 3:00pm	Match play; mental & tactical strategies including shot selection & recognizing opponents' weaknesses

HALF DAY SAMPLE SCHEDULE

Time	Activity
9:00am – 9:30am	Dynamic stretching
9:30am – 10:30am	On-court stroke demonstrations; drills emphasizing proper technique & footwork; video analysis
10:30am – 11:30am	Point play; live ball exercises; match play
11:30am – 12:00pm	Fitness exercises focusing on speed & agility; static stretching

Rates are per junior and advanced registration is preferred by contacting the Pro Shop at 215-247-6290 or racquets@philacrick.com. For more information please contact Ritesh Nautiyal, Director of Junior Tennis, at 215-247-6001 ext. 410 or rnautiyal@philacrick.com.