

FS TENNIS PERFORMANCE ACADEMY

This class is designed specifically for junior players who have either prior tournament or USTA experience and/or wish to pursue tournament play from 6 years through high school and college.

Advanced Academy Info:

- A 2 hour completely comprehensive class. Format to include 10 minute dynamic warmup, 20 minute tennis fitness training, 30 minute stroke production drills, and 1 hour of guided point play with strategic matchplay analysis.
- Tournament Advisement and analysis will be provided for players.
- Classes offered 3 days a week with a discount for higher commitments & billed monthly.
- Matchplay days will be included to be used as extra practice and for team building with players and coaches.
- Entry to program requires pro approval and recommendations. Non-members are welcomed but will be charged a higher non-member rate.
- Practices will be offered at least 42 weeks a year.

Extra Benefits to Advanced Academy :

- Indoor Court reservations and play at NO CHARGE.
- Ball Machine use unlimited at NO CHARGE.
- Fort Sanders Tennis Academy Shirts provided at NO CHARGE.
- Private Lesson Rates will be discounted year round.

Advanced Academy Pricing(Billed Monthly):

Member Pricing ---- 3 Days = \$30/day 2 Days = \$35/day 1 Day = \$40/day A'LA = \$50/day
Non-Member Pricing ---- 3 Days = \$ 40/day 2 Days= \$45/day 1 Day = \$50/day A'LA = \$60/day

Jr. Academy Info:

- A 1 hour class for athletes whose ability , not age will dictate the color ball they play with.
- Classes will be offered on 2 different days per week.

Jr. Academy Pricing:

Member Pricing ---- 8 Weeks = \$160 7 Weeks = \$140
Non-Member Pricing ---- 8 Weeks = \$216 7 Weeks = \$189

Academy Director Info:

Trey Ambrose was a Teaching Pro for ETSU's Wilson High Performance Academy for 3 years. He has experience coaching high performance players and academies for his entire teaching career. Trey coached high school tennis for 5 years with multiple district, regional, state champions and contenders. He has a degree in Exercise Science and Coaching and will take your tennis game to the next level but will also assist in fitness and match psychology. Quote from Academy Director Trey Ambrose... " No matter how big your aspirations may be, I believe that this program can not only help you achieve your goals, but improve your life, prepare you for the future, and help you become a better person. "