



**INSPIRATION
ACADEMY**



COLLEGE TENNIS PLAYERS OPPORTUNITY SUMMER 2021

LOOKING TO UP YOUR GAME BEFORE NEXT SEMESTER?

INSPIRATION TENNIS ACADEMY has a unique opportunity for the player who wants to take their game to the next level!

INSPIRATION ACADEMY SUMMER TENNIS – Tough training for the serious player.

Training on court, in the classroom and in the gym.

FREE BOARD & FOOD

HELP COACH IN THE MORNINGS

TRAIN AND PLAY IN THE AFTERNOONS

FREE ACCOMODATION ONSITE

You can come immediately after your spring semester is over.

COMPETE ON THE WEEKENDS IN FLORIDA

MUST PROVIDE REFERENCES FROM YOUR COACH!

Email: Ashley.Hobson@inspirationacademy.com

Call: 404-374-9750 or 941-795-5466

Inspiration Tennis Academy Summer Training 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.30 - 8.00	MOVEMENT - Flexibility, Power & Strength				
8.00 - 9.30	ON COURT TRAINING - WWW - Weapons, Weaknesses & Winning				
9.30 - 10.00	MENTAL TOUGHNESS - Pressure Management, Match readiness, Mindset, Match Video				
10.00 - 11.30	ON COURT - Strategy, Patterns, Problem Solving				
11.30 - 12.30	LUNCH AND GAME ROOM				
12.30 - 2.00	ON COURT - MATCHES and INDIVIDUAL WORK				
2.00 - 3.00	CONDITIONING - Player specific - stretching / yoga / cross training / strength and power				





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