



Inspiration Tennis Academy

Knowledgeable—Professional--Experienced
Successful—Proven

At Inspiration Academy Tennis, our goal is to transform competitive junior or professional players to their maximum level of play. We do this by providing an individualized “inside-out” training program that takes place both on and off the court.

Our system covers technical, tactical, physical, mental, and emotional elements of becoming a great player. While tennis is an individual sport with a high level of autonomy for players, we also do group training with players receiving individual personalized help within the group time. To complete the training off the court, we offer character development and one-on-one mentorship to develop well rounded players.

Since our inception in 2015 IA tennis has produced, 18 ITF Title Winners, sent 2 players to La Petit AS (Top 3 in the USA), 2 Gold balls and 2 Silver ball winners, and 12 college players, a phenomenal achievement in such a short time.

Seven Stage Blueprint for Developing a Player:

- 1 - **Mind and the heart first** – Performance is a behavior. From the right behavior will come the right outcome. Competing from the **INSIDE OUT**.
- 2 – **Athletic potential** - Developing the athletic potential of a player – spatial awareness, balance, agility, proprioception, ball tracking, anticipation, running, jumping and throwing skills
- 3 – **Technique, Perfect footwork, stances**, (PAS and 5 dimensions) and understanding of the game (4 errors).
- 4 – **Overload Repetitions** with innovative and drills – pushing players to the edge of their abilities. Making sure all strokes have offense, defense and neutral capabilities
- 5 - **Strategy and tactics**, knowing the tactical court, player match ups and personalized patterns
- 6 - **Mental toughness**, routines and rituals, match flow, momentum, awareness, self confidence, stages of a match and problem solving.
- 7 - **Point play with coaching**. Experienced scheduling. Competition. Then evaluation and re – planning.





ASHLEY HOBSON- Director Inspiration Academy Tennis

Thirty-three years of coaching and playing experience includes National coach for 5 years, coaching Davis Cup and Federation Cup teams, World Youth Cup, World Junior Tennis, Asian Games, and the All China Games. Coached at over 300 professional tournaments on the ATP, WTA, and ITF tours in over 60 countries – coached over 1000 professional matches. Coached two top twenty WTA players. Players have won National titles ITF titles and Professional tournaments and he has sent 100's of player to play college tennis in the USA. Conducted coaching seminars for the JPTR, USHSCA, ITF and many countries. Associations include PTR, NSCA and completed the USTA High Performance Coaching Program.

Inspiration Academy Provides:

- **Fulltime Fitness Trainer On-Court & Gym**
 - **Speed, Agility & Movement**
 - **Advanced Stretching Protocols**
 - **Strength & Conditioning**
- **Travel coaches**
- **We are a full-service academy, schooling, boarding, training. I-20's issued for our international students.**

ITF Results

Aruba 2019- Singles & Doubles CHAMPION
Macedonia 2019- Singles & Doubles CHAMPION
Puerto Rico 2018 - Singles CHAMPION
Guatemala 2019- Doubles CHAMPION
Jamaica 2018 - Singles CHAMPION
Trinidad 2018 - Singles CHAMPION
La Petis As – Girls Doubles Winner 2020

National Results

USA National Hard's 2019- SILVER BALL
Czech National 2015 & 2016– CHAMPION
USA National Clay 2018 - GOLD BALL
USA National Hard 2018- GOLD BALL
USA National 2016 14s- GOLD BALL
USA National Hard's 2018 - GOLD BALL

Current College Players

Zvonko Bencedic- Citadel University
Leo Du Plooy – Citadel University
Sofia Rojas – University of Oklahoma
Mary Brumfield – University of Maryland
Natalie Williams – Swarthmore College
Maxine Ng – Williams College

Current Davis Cup Players

Matthew Estwick- Barbados
Kai Po Marshall - Barbados
Xavier Lawrence- Barbados

Schedule:

7.00-8.00 am On Court
8.00 am-9.20 am On Court
9.20 am – 10.10 am Gym
3.00pm-3.40 pm On Court – Movement and Mental Toughness
3.40 - 6.15 pm On Court and ends with Stretching
Fulltime tennis \$3500 a month, Half days \$2500.
Bradenton, Florida. (404) 374 9750

