



**INSPIRATION
ACADEMY**



COLLEGE/PRO TENNIS PLAYERS OPPORTUNITY 2021

INSPIRATION TENNIS ACADEMY has a unique opportunity for the young player who wants to play professional tennis!

FREE BOARD & FOOD

HELP COACH & BE A SPARRING PARTNER

TRAIN AND PLAY 4/6 HOURS A DAY

PHYSICAL TRAINING PROGRAM TAILOR MADE

ACCOMODATION ONSITE

COMPETE IN \$\$ UTRs IN FLORIDA AT LEAST 2/3 X A MONTH

TRAVEL TO TOURNAMENTS WITH US

MUST PROVIDE REFERENCES FROM YOUR COACH!

REQUIREMENT: UTR 12+

Email: Ashley.Hobson@inspirationacademy.com

Call: 404-374-9750

Inspiration Tennis Academy Training 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 8:30	ON COURT TRAINING - WWW - Weapons, Weaknesses & Winning				
8:30 - 9:15	ON COURT - Strategy, Patterns, Problem Solving				
9:15 - 10:00	CONDITIONING - Player specific - stretching / yoga / cross training / strength and power				
10:00 - 3:00	CLASSROOM				
3:00 - 4:00	ON COURT TRAINING - WWW - Weapons, Weaknesses & Winning				
4:00 - 5:30	ON COURT - Strategy, Patterns and INDIVIDUAL WORK				
5:30 - 6:30	MOVEMENT - Flexibility, Power & Strength				

