



Val Vista Lakes & Professional Tennis Management Present: High Performance Jr. Excellence Program



2019 High Performance Jr. Excellence Program

*Designed for competitive tournament players looking to take their games to the next level!
Players are selected for the program upon invitation and individual try out basis only*

A dynamic and innovative approach to playing designed to maximize your court positioning and on-court performance. This specialized junior excellence program focuses on movement priorities and visual clues, racquet skills, shot selection, singles and doubles tactics, mobility and footwork drills, and competitive match play drills and games. This program utilizes the latest in advanced techniques to accelerate the growth and development of the junior player. Players are grouped into four groups Elite Bronze, Elite Silver, Elite Gold, and Elite Platinum. Two hour daily works out sessions are offered five days a week (Monday-Friday) year-round and twice a day in the summer. This elite high-performance program features:

- ◆ Individual Player Development Program based on physical and chronological age & skill levels
- ◆ Conditioning, speed, and agility drills exercises and personal fitness regimes
- ◆ Personal evaluation of strokes with video analysis
- ◆ Intensive match play drills & singles and doubles match play & strategy tips
- ◆ Tips on mental skills & tips on developing effective dietary and nutritional habits
- ◆ Tips on how understand your game style and on how to set up your tournament schedule

1 Day per wk (8 hrs. /month)
2 Days per wk (16 hrs. /month)
3 Days per wk (24 hrs. /month)
4 Days per wk (32 hrs. /month)
5 Days per wk (40 hrs. /month)

\$82 Mem. / \$100 Non-Mem.
\$164 Mem. / \$200 Non-Mem.
\$246 Mem. / \$300 Non-Mem.
\$328 Mem. / \$400 Non-Mem.
\$410 Mem. / \$500 Non-Mem.

Session I: Jan. 7-Feb. 1 Session V: April 29-May 24
Session II: Feb. 4-March 1 Session VI: May 27-June 21
Session III: March 4-29 Session VII: June 24-July 19
Session IV: April 1-26 Session VIII: July 22-Aug. 16

Session IX: Aug. 19-Sept. 13
Session X: Sept. 16-Oct. 11
Session XI: Oct. 14-Nov. 8
Session XII: Nov. 11-Dec. 6

Monday-Friday, 6-8pm (Year Round) 8-10am (Summers) & 4:30-5:30pm (Oct.-May)



Michael Lowdermilk

USTA High Performance Coach
USPTA/P-1/PTR National Tester
2005 AZ PTR Member of Year
Former Van der Meer Tennis Director

Contact Information:

480-628-0851

Email: tennislessonsaz@gmail.com

Website: www.tennislessonsaz.com

Register with Michael Lowdermilk

2019 High Performance Junior Excellence Registration Form

NAME: _____ PARENT(S) NAME(S): _____

ADDRESS: _____ BIRTH: _____

CITY/STATE/ZIP: _____ EMAIL: _____

PHONE: (Home) _____ (work) _____

CLINIC PAYMENT(S): \$ _____ **BONUS: Two (1) Hr. Lessons for price of one (\$116 value for only \$58)

Please make all checks payable to: Val Vista Lakes

The undersigned, in consideration of being accepted, hereby assumes all responsibilities for, and all risk of damage or injury that may occur or arise from participation in the above event. The undersigned specifically releases and discharges Michael Lowdermilk, Professional Tennis Management, Val Vista Lakes, and their employees and agents from any and all liability, claims, demands or causes of action whatsoever while the undersigned participates in any of the activities and whether or not the undersigned incurs loss or damage or injury from the negligence of Michael Lowdermilk, Professional Tennis Management, Val Vista Lakes, and their employees and agents. This includes, but is not limited to, the facilities where said clinic is conducted.

Signature: _____ Date: _____

**For Clinic Registration and Information Contact Val Vista Lakes Tennis Director:
Michael Lowdermilk at 480-628-0851 (C)
email: tennislessonsaz@gmail.com**



Michael Lowdermilk
PTM Founder/Director
Tennis Director: Val Vista Lakes
Private & Group Lessons &
Specialized Clinics Offered
Year Round

To Register & for More Info:
480-628-0851 C
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www.tennislessonsaz.com