



## **2018 HIGH PERFORMANCE SPRING CAMPS**



**These Camps are focus mainly on preparation for the upcoming outdoor tournament season. The players will receive live feedback on tennis strategy, tactics and mental toughness.**

**Dates: March 19,20,21,22**

**Place: Langley Tennis Centre**

### **Daily Program**

**Skipping / Dynamic Warm Up**

**Intro**

**Complete Physical Warm Up/Sprints**

**Tennis Warm Up**

**Supervised Modified Match Play**

**Supervised Match Play**

**Feedback on tactics, strategy and mental toughness**

**Please, bring healthy food, snacks and lots to drink**

**For more information please send an email to [info@globaltennis150.com](mailto:info@globaltennis150.com)**