

Academy Program Overview

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
08.00							
08.30	FTE	FTE	FTE	FTE			
09.00	FTE	FTE	FTE	FTE			
09.30	FTE	FTE	FTE	FTE	School	LES	
10.00	FIT	FIT	FIT	FIT	FTE	FTE	
10.30	ENS	ENS	ENS	ENS	ENS	ENS	
11.00	ITF	ITF	ITF	ITF	ITF	F	
11.30	HP	HP	HP	HP	HP	ITF	
12.00	School	School	School	School	School	Yoga/Pilates	
12.30	Break	Break	Break	Break	Break		
13.00	FTE	FTE	FTE	FTE	FTE		
13.30	FIT	FIT	FIT	FIT	FIT		
14.00	ENS	ENS	ENS	ENS	ENS		
14.30	ITF	ITF	ITF	ITF	ITF		
15.00	HP	HP	HP	HP	HP	Psychology Session squads all	
15.30	FIT	FIT	FIT	FIT	FIT	Sunday	
16.00	LES	LES	LES	LES	LES	Rest &/or Tournaments	
16.30	FTE	FTE	FTE	FTE	FTE		
17.00	ENS	ENS	ENS	ENS	ENS		
17.30	F	F	F	F	F		
18.00	Fitness		Yoga/Pilates		Fitness		
18.30							
19.00							

Local Elite Squad (LES) (after school)	Full Time Elite (w/ school) (FTE)	Full Time Elite (no school) (ENS)	ITF/Pro - High Performance (ITF HP)	Futures (F)	Fitness (Fit)
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Futures Programs

16.00 - 18.00 : High intensity drilling & tactical/technical training
18.00 - 18.30 : Fitness

Content (Futures Programs)

Complex coordination
All game situations, incl doubles
Specific physical training

Fitness Session Themes (Rotated in all programs)

Speed & agility
Strength circuit
Core strength
Cross training
Endurance

Elite Programs (with school)

08.00 - 10.00 : High intensity drilling (on-court)
10.00 - 10.30 : Stretchdown
11.00 - 15.00 : School
16.00 - 18.00 : Tactical, technical training (on-court)
18.00 - 18.30 : Fitness (1 hr on Tues-Thurs)

Elite Program (no school)

09.30 - 12.00 : High intensity drilling (on-court)
12.00 - 13.00 : Fitness & stretch
13.00 - 15.30 : Options

Lunch & Rest
Private instruction
Massage
Video analysis

16.00 - 18.00 : Tactical, technical training (on-court)
18.00 - 18.30 : Fitness (1hr on Tues & Thurs)

High Performance Programs (ITF / HP)

09.30 - 12.00 : High intensity drilling (on-court) & technical
12.00 - 13.30 : Lunch & rest
13.30 - 15.00 : Drilling & matchplay
15.00 - 16.00 : Fitness
16.00 - 18.00 : Options

Private instruction
Massage
Psychology
Technical stroke analysis
Video analysis

Content (Elite & High Performance)

Developing own game styles
Goal setting & annual planning
Refinement of stroke production
Increased emphasis on match play strategies
Individual approach to psychology of tennis
Customized daily physical program

All training sessions start with 15 minute dynamic warm-up and end with a static stretchdown