



HIGH PERFORMANCE JUNIOR CLINIC

May 6 - August 10



Tuesdays & Wednesdays



4PM - 7PM

For enquiries and to register, contact our Club Pro:

Jordan Anthony



416-879-0419



jordantennis@hotmail.com



PROGRAM OVERVIEW

15-Minute Warm-Up

- On-court dynamic warm-up
- Resistance band activation

2 Hours of Tennis Training

Each week features a focused theme (e.g., Volleys, First Ball, Offense, Defense)

- 15-minute tennis-specific warm-up
- 45-minute movement and technique drills
- 1 hour of situational point play & match play
- Coaches and guest players join in to elevate level of play

30-Minute Fitness Session

(Off court - no weights used)

- Footwork drills & ladder work
- Core stability & bodyweight strength
- Lower body explosiveness
- Agility & coordination
- Endurance training (including mile run)

15-Minute Stretch & Mobility

- Guided mobility routine
- Full-body stretching

GROUP SIZE

Maximum of 9 players
across 3 courts

3 players per court for
optimal attention and
development

Pricing

Weekly Rate (2 sessions)

💰 \$150 (\$75 per session)

Single Session

💰 \$80

Membership is required at Dunmoore Tennis Club to access this junior clinic