



## Advanced High School Tennis Program

# High Performance (HP) Drills Matches & Lesson Schedule

### FALL/WINTER/SPRING 2019-2020

Pro Invite Only (contact us to see if kids are qualified for program)  
Program includes a Monthly payment Paid in Advance

### **High Performance Program** (*Pro Invite only*)

This program is for the highest level of junior players at TCBH who are dedicated to improving their tennis. Workouts are for the serious tournament player who is ranked in the Northern section or is striving to become a ranked player. Class emphasis will be on improving, technique, footwork, goal setting, consistency, conditioning, mental toughness, patterns of play, and developing an arsenal of weapons. Match play and match analysis is included in this program for Squad packages 1 and 2.

#### **Four Squad Packages and Tuition**

Squad 3 or 4  
Squad 1 or 2

Tuesday/ Thursday 4-6 pm, Saturday 1-3 pm  
Includes Squad A, additional days (evenings from 630-8), Private lessons & match play

Special Monthly Program Pricing  
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To get involved in this advance tennis program, please contact Whitney, Daryl or Ivan .College D-1 players and Certified Tennis Professionals at 342-1998 or email [darylpaluch@gmail.com](mailto:darylpaluch@gmail.com). Parents must meet with pros to discuss times for matches, privates, and pricing.

**Indoor Tennis Center of the Black Hills**  
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605-342-1998

[www.thetenniscenter.com](http://www.thetenniscenter.com)