

What's in your chest? What's inside you?

WHERE DO YOUR DESIRE AND DRIVE STAND?

Each player is born with a specific set of athletic genes. Some players may be born with a natural gift. Perhaps this player has an initial edge genetically, where they may simply be more naturally or athletically inclined. That player has to put in a specific amount of work according to what they are born with. If someone is born naturally athletic or "gifted" as they say, they still need to put their necessary workload and time in to truly gain excellence. The player born with the more standard skill sets still works to their specific workload, and maintains a strong drive or desire throughout. They may need to

work harder to meet the same excellence, but this workload simply evens out the playing surface with all other players, which is sports or tennis excellence personified.

How many of our best athletes have had to work harder than others to get where they are? It's a large number for sure!

If the "gifted" works just as hard, then all this does is motivate or push us to work harder and be better. If the "gifted" decides

to be *good* in work effort and not *excellent*, the standard skill set takes over in time, sweat, tears, and strong work.

If contentment is what you strive for then it will be exactly that. **If excellence is what you strive for, you will find excellence so long as the workload meets all those desires without shortcuts or wasted workout time. Each workout should be 100% of what you have INSIDE YOUR CHEST, during each and every workout sustained.**



The same voice that says "give up" can also be trained to say "keep going!"

-Unknown

Call today for more information AND TO REGISTER!

OSHKOSH COMMUNITY YMCA
TENNIS CENTER
236-3400 • 640 E. County Road Y
www.oshkoshymca.org



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Dear YMCA Members and Guests,

Coming This Summer to the Oshkosh Community YMCA and UW-Oshkosh is a brand NEW Tennis Academy with some of the top pros in the area. It's a High Intensive Training Academy with a camp feel. We will only use Tennis Professionals on the court, training your kids. The kids will get the best possible training. We will also have LOTS OF FUN during the highly spirited training.



Look at it as an opportunity to put your kids into an atmosphere quite the same as the Nick Bollettieri Tennis Academy or the Chris Evert Tennis Academy without the price of housing, but with the Pro staff experience of those academies. It will be like bringing Florida, Texas, and more Florida here to Oshkosh, but with a Wisconsin flare. If it's hard work and higher learning you and your child are looking for then look no further. These are proven academy styles of training like some of the best players in the country once went through and are going

through now. **Groups A and B** will be trained precisely like the best academies throughout the south – and **Group C** will as well – but with more emphasis on technique and developing point play and match play at a high training level. Each player will be specifically placed daily. **Groups A, B, and C will be held at UW-Oshkosh.**

THE KIDS WILL HAVE AN ABSOLUTE BLAST on this tennis journey and come out of it ready to take on the future challenges of playing successful High School Tennis. It will be tiered off on every court by level and each kid will have the chance to play up on any given day.

The experienced level of staff and teaching tools we will put out on the courts to train your children will be exceptional.

An additional "camp" option – **Group D** – is for the 5-9 year old who enjoys tennis, but wants the technical aspect of the game of tennis mixed with fun and competitive games. This camp is more of a camp and less of an Academy, but registration can also be taken at the front desk as well. **Group D will be held at the YMCA Tennis Center.**

Group A | High school Varsity players from the entire area with younger invitees only. There will be groups set up very specifically within this group. These players will demonstrate strong point play and understand shot selection and match strategies. They will also identify their opponent's strengths and weaknesses and utilize their game around these identities. Daily routine will involve stroke production with live ball play and point play analysis/breakdown along with intensified movement and agility drills. Players need to have any or all styles of play at their disposal in order to break down opponents. **Max Players 30. Sign up Now.**

Group B | High school JV players and up and coming tournament players (top middle school players by invite only).

All Groups specifically leveled on a daily basis.

Players will go through accelerated ball feeds in all strokes and court transitions. They will also develop a high consistency in serve and return, and begin penetrating opponents through efficient swing speed and power. They will be trained in point/match play and begin playing tournaments regularly. Movement and agility on the court will be enhanced. **Max Players 30.**

Group C | Ages 9-13, designed for Juniors starting to play and develop successful point play leading into match play and strategic training. There will be technical drills incorporated into each day. We will diligently train these players in the technical phase and improve their point play and understanding of the necessities to be successful in point play. Serves and returns will be emphasized as well as efficient movement and court coverage, both side to side and up and back. **Max Players 30.**

This is an Academy, not a Camp. All groups will be trained and pushed according to their personal and future level expectations. All players will be steadily trained through video analysis each week.

All groups will gain a much higher Tennis IQ in core training and movement training through training modules and Academy training experience.

Workouts from the following locations will be applied to the daily training regimen :

- 1 | IMG-Nick Bollettieri • Bradenton
- 2 | Juan Nunez • Fort Lauderdale
- 3 | Rick Macci • Boca Raton
- 4 | Chris Evert • Boca Raton Tennis Academies
- 5 | Addlebrook • Tampa Bay–founded by Harry Hopman
- 6 | Sanchez-Casal Academy • Barcelona–The "Spanish Drills"

There is a spot for everyone in the community as well as the kids from around the state. BRING A RELATIVE OR FRIEND!!

Group A 11:30 a.m.-1:30 p.m. • \$85 per week

Group B 9:15 a.m.-11:15 a.m. • \$85 per week

Group C 1:30 p.m.- 3:00 p.m. • \$65 per week

MONDAY THROUGH THURSDAY

Groups A, B, and C will be held at UW-Oshkosh

Please check which weeks/groups you plan to attend:

Week #1 June 12-15 Group A Group B Group C

Week #2 June 19-22 Group A Group B Group C

Week #3 June 26-29 Group A Group B Group C

Week #4 July 10-13 Group A Group B Group C

Week #5 July 17-20 Group A Group B Group C

Week #6 July 31-Aug 3 Group A Group B Group C

Week #7 Aug 7-10 High School Girls: Varsity JV

Name Age

Parent's Name(s)

Phone #

Email

Specific Weeks (if multiple weeks) for credit

T-Shirt Size XS S M L XL

Group D QUICK START CAMP • Ages 4-6 and 7-9 with Sheila and staff • \$45 per week

MONDAY THROUGH THURSDAY

Group D will be held at Oshkosh YMCA Tennis Center

4-6 yrs 7-9 yrs

August 7-10 • 9:00-10:00 a.m. OR 10:00-11:00 a.m.

August 14-17 • 9:00-10:00 a.m. OR 10:00-11:00 a.m.

Call today TO REGISTER!

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