

## Does my child need to lift weights to improve strength for tennis?

A tennis player's ability to suddenly start/stop and then change direction is critical to success, and is extremely demanding on his/her body. Stronger players can better control their bodies and perform skills at higher levels, with reduced risk of injury.

## Won't my child just become faster from doing speed and agility drills?

While speed and agility drills have their place in sports, a weaker body will remain within its limitations and will not be able to capitalize on the drills to achieve maximum effect. Combining functional strength training and agility work enhances overall performance in both areas.

## Does my child need to lift weights to get stronger playing tennis?

Not necessarily - although at some point exterior loads should be introduced into your child's program. All beginners to strength training are first coached on how to perform exercises using their own bodyweight. Once they become proficient using their own bodyweight, then we advance their training under gradually progressed loads.

## If my child lifts weights won't he/she become bulky and slow?

JMTA programs are designed to improve athletic performance by building foundational strength. This is done gradually over the course of the year, ensuring that on-court performance is maintained. If performed and monitored properly, weight lifting will enhance your child's strength, speed and athleticism, not detract from it.

## Is it true that you cannot coach speed?

Nothing could be further from the truth. Speed development is based upon building a strong foundation in strength and improved bio mechanics. Our training model incorporates strength and speed development that will improve each athlete's playing speed. Through training we can improve the amount of force an athlete can produce. With increased force production, speed and power changes can occur. (Power= Force x Distance/Time, Speed=Distance/Time).

## My child has completed his/her performance testing. What happens next?

Once your child has completed his/her testing, the results are kept in our database. At the end of our training program your child is retested to see if he/she has become more competent in basic functional movements. For additional information, a detailed performance or injury risk screening can be arranged by contacting our Performance Director Richard-John Mensing, Jr. at [rmensing@sportimeny.com](mailto:rmensing@sportimeny.com).

## How often does my child need to attend group athletic development classes to see results?

At optimum, 2-3 times per week will allow your child to adapt to the training program and maximize his/her results. For more individualized programming and to maximize overall performance, 1-on-1 training sessions are recommended.

## How long does it take before my child will see results on/off court?

A player's results depends upon how frequently he/she participates in athletic development sessions (group or 1-on-1), as well as his/her own capacity to learn and develop. To enhance transfer of athletic training to the court, it is important that the athlete's tennis coach is also integrated into the process.

## How do you determine what exercises my child needs?

Exercises are determined based upon age, training history, physical competency testing, and scientifically proven functional training models.

## Is information detailing my child's progress available?

Every player who trains privately with one of our athletic development coaches has information from each session recorded by the coach, allowing for more immediate tracking of his/her performance data. For those who elect to train solely in a group dynamic (free to all JMTA players), players will be tested both at the start and at the completion of the 34-week indoor season to measure improvement.