

PROGRAM INFORMATION

Qualified players are invited to join the John McEnroe Tennis Academy (JMTA), the area's #1 program for developing nationally and internationally competitive juniors. Conceived, developed and directed by John McEnroe and his world-class staff, including JMTA's Tennis Director Lawrence Kleger, Director of Performance, Richard-John Mensing, Jr., Director of Mental Performance and Toughness, Dr. Dom Lausic of the Hourglass Performance Institute, and JMTA Westchester and Long Island

Annex Directors Fritz Buehning and Mike Kossoff, JMTA boasts players that have won titles at sectional, national, intercollegiate, international and professional levels.

At JMTA, we train 52 weeks a year. During every break in regular JMTA programming - winter, spring, summer, fall - we offer training camps for JMTA players so they don't miss a beat.



JMTA Tennis Training

The curriculum features a combination of drills, tactical and technical coaching, match play, off-court athletic and cross training, and mental toughness training, specifically tailored to the ages and levels of each JMTA player group. The JMTA coaching philosophy is positive, encouraging, motivating and challenging, as we believe this approach produces the best short-term and long-term results and maximizes potential players' enjoyment of the sport, and it focuses on developing complete players, who are smarter, stronger, fitter and faster.



JMTA Athletic Performance Training

Toward our goal of developing complete players, JMTA's Athletic Performance Training program is designed to help tennis players improve their on-court performance through increased strength, flexibility, mobility and through proper conditioning, nutrition and hydration, and to reduce the risk of injury. The JMTA APT program is developed by Performance Director Richard-John Mensing, Jr. and is implemented by JMTA's world-class athletic performance directors and coaches.



JMTA Mental Toughness Training

We believe that our ability to identify a player's on-court stress patterns, to provide him/her with the tools to better manage stress at times of on-court adversity, to prepare to mount a comeback, or to remain calm when in the lead, is crucial to giving each JMTA player an "edge". The JMTA mental toughness curriculum is developed by Director of Mental Performance and Toughness, Dr. Dom Lausic, and is implemented by Dr. Lausic and designated JMTA Directors and coaches on and off-court.



SPORTIME World Tour

The SPORTIME World Tour is our "Grand Slam" competition, held at multiple SPORTIME sites each year, which allows students to compete in an age and level appropriate format. With four separate events held during each indoor season, each SPORTIME World Tour event is based on a Grand Slam theme, assuring a festive and social experience for kids and parents. Participation in World Tour is included with all Red, Orange and Green level programs. To find out more about our World Tour events, go to www.SportimeNY.com/WorldTour.



SPORTIME Warrior Games

SPORTIME Warrior Games events are held twice a year and participation is included for all players in SPORTIME programs who are training on 60' or 78' courts with the orange or green ball. Reflecting the competitive vision of John McEnroe, these events enhance and promote the competitive skills needed for the long-term development of our players.



JMTA Program Benefits

All JMTA players receive important program benefits, included with their tuition, as follows (benefits may vary by JMTA site):



- **JMTA Advisor:** A JMTA coach advisor who is player's liaison to the team of JMTA directors, coaches and other staff members, and is player's initial contact for advice, questions and feedback. JMTA Advisors will provide tournament scheduling support to JMTA players upon request.
- **Player Development Plan and Video:** An individualized Player Development Plan (PDP), which includes an athletic performance screening and a mental toughness evaluation, completed by player's JMTA Advisor and the coaching staff, within the first quarter of the JMTA season. The PDP is updated, and follow-up athletic and mental toughness assessments are conducted, to evaluate progress and to identify new goals at the end of the season. JMTA Directors also provide on-court video analysis, with voice-over and tagging, to JMTA students throughout the season. Additional video analysis services, including "Tennis Analytics", are available for an additional cost.
- **Athletic Performance:** Group athletic training and conditioning, designed to complement on-court instruction, provided by the JMTA Performance team, is offered to all JMTA players. One-on-one training, comprehensive assessments, nutrition consultation and other services are available for an additional cost.
- **Mental Toughness:** Off-court group mental toughness training sessions as well as on court mental toughness coaching, created and executed by Dr. Dom Lausic and designated JMTA Directors and coaches, designed to prepare JMTA players for any and all on-court situations. One-on-one sessions with Dr. Lausic are available for an additional cost.
- **Tournament Support and Travel Team:** JMTA coaches attend certain USTA and ITF tournaments to support JMTA juniors. Individual coaching at tournaments, including out of state tournaments, is available to JMTA players for an additional cost. Challenge matches, Travel Team trips to tournaments, invitational training camps and other special trips are offered throughout the year.
- **College Placement Advisory Service:** Basic college search/placement support is provided to all JMTA players approaching college age. Additional college placement services are available for an additional cost, including creation of a persona recruiting intro video, coordinated outreach to college coaches, an annual **College Recruiting Combine**, bringing top college coaches to SPORTIME to evaluate JMTA players, and more.
- **Court Time** Complimentary open court walk-on privileges.
- **Coached Match Play** (Randall's Island only) Complimentary match play is offered once per week, supervised by a member of the JMTA coaching staff.

Johnny Mac Tennis Project

Help SPORTIME and JMTA grow the game of tennis through scholarships and free community programming. Support the Johnny Mac Tennis Project. For information visit www.JMTPNY.org.



Questions? Please contact your JMTA Director. For a full listing of clubs, please visit us online at www.SportimeNY.com or www.JMTA.com.