

## JOHN McENROE TENNIS ACADEMY



Having successfully completed the SPORTIME U10 RED and ORANGE Pathway, qualified players are invited to join the John McEnroe Tennis Academy, where they train and compete with both the green and regulation yellow ball on the full-sized 78' court, and compete in sanctioned USTA and ITF tournament play from the U10 level on.

JMTA is the area's #1 program for developing nationally and internationally competitive juniors. Conceived, developed and directed by John McEnroe and his world-class staff, JMTA boasts players that have won titles at sectional, national, intercollegiate and international levels. Every JMTA session features:

### Positive, Encouraging and Motivating Coaching.

JMTA coaches receive continuing training designed to keep them on the cutting edge. During all JMTA sessions, Assistant Academy Directors continually analyze lesson dynamics, evaluate student progress, and supervise the staff to assure that every session is up to JMTA standards. JMTA students are held to the highest standards of attitude and effort. Our coaches challenge players in a positive, supportive way, to

build the self-confidence that is essential to a successful competitive player.

### Intensity and Efficiency

We value the quality of time spent in our practice sessions as much as the quantity of time spent on court, so we are efficient and students work hard. We are on "New York Time!"

### Technical and Tactical Instruction and Coaching

Our goal is to teach our kids how to play the game (the tactical side) and to give them the means to execute those tactics (the technical side). JMTA coaches make essential technical corrections, but avoid focusing on technique in a vacuum, which often results in players who look great in practice, but who do not succeed in match situations. Those are not JMTA players!

### Curriculums Based on Stages of Development

Every JMTA session is part of a 34-week targeted curriculum based on the needs of the students in the group. Movement, balance, court awareness, anticipation, situational perception and decision-making are critical skills to be developed.

### Discovery-Based Learning

We want JMTA students to be independent problem solvers - not dependent on a coach's corrections to be able to play. JMTA students are expected to hit multiple shots in game situations without a coach interrupting play.

### Balanced Competitive Environment

We make sure our students play "up" some of the time, to challenge them to raise their levels. Some of the time they play at their level, to see how they compete on an even playing field. And some of the time they play "down", which allows them to work on elements in their games that they might not try if the competition were at a higher level; this also allows them to win.

### Training to Develop the Ability to Construct Points, to Compete and to Win

Our focus is helping our students with the challenges of successful point construction, tactical awareness and developing the skill of winning.

### JMTA PROGRAM BENEFITS

- **Player Advisor:** A JMTA Player Development Team member is assigned as an advisor to each JMTA player
- **Player Development:** Video analysis and assistance with tournament planning are provided to JMTA players
- **College Advising:** College search/recruiting support is provided to all JMTA students approaching college age
- **Court Time:** Complimentary court time with walk-on and reservation privileges
- **Fitness & Cross-Training:** Fitness, stretching, and speed & agility sessions designed to complement on-court instruction
- **USTA & ITF Tournament Support:** Coaches attend USTA and ITF tournaments to support and advise JMTA juniors



### SPORTIME U10 TENNIS PROGRAMS - IT'S ALL IN THE GAME!

There are many reasons to choose SPORTIME's U10 Pathway as your child's road to JMTA and to tennis, often called, "the sport for a lifetime," or the, "sport of opportunity."

One is that SPORTIME is working with a team of world-renowned U10 tennis experts and child development specialists to understand how our youngest students learn and to make tennis easy and accessible for them. We know that over 90% of American kids play computer games and we know that those games are designed to appeal to how kids think, behave and play. SPORTIME's U10 Pathway programs combine the best principles of child learning and game design with world-class tennis instruction to create a truly modern and engaging program for kids.

Our tennis kids don't just take tennis lessons, they get sent on missions! To complete those missions, they need to acquire skills and collect points, as they graduate from level to level and achieve milestones.

Our "gamification" approach is a part of SPORTIME's fun and challenging environment, where our kids are encouraged to take risks, to use their intellect and to find solutions. If you think all U10 programs are alike, they are not.

**Get your child into the game at SPORTIME!**

### JOHN McENROE TENNIS ACADEMY LOCATIONS

Long Island - 516/933-8500  
Manhattan - 212/427-6150  
Westchester - 914/777-5151



**212-427-6150**

[JohnMcEnroeTennisAcademy.com](http://JohnMcEnroeTennisAcademy.com)



**THE PATHWAY TO JMTA**



**212-427-6150**

[JohnMcEnroeTennisAcademy.com](http://JohnMcEnroeTennisAcademy.com)

## SPORTIME U10 TENNIS - *Pathway to JMTA*

SPORTIME U10 Tennis provides the Pathway for young players preparing to join the John McEnroe Tennis Academy. Comprised of the U10 Red and Orange levels, SPORTIME U10 Tennis trains our players to become well-rounded competitive athletes. U10 Pathway program classes are taught by the same world-class coaches that work with JMTA's nationally and internationally ranked players. All JMTA pros have been hand-picked by John, are accomplished instructors and players, and are trained in the latest teaching methods, with a special focus on the techniques and methodologies for working with our youngest players.

U10 Pathway players are expected to participate in SPORTIME World Tour events and in SPORTIME Warrior Games. We recommend that U10 players seeking admission to JMTA in the future commit to a minimum of 2 group sessions per week and take regular private

lessons, so that they can establish relationships with coaches who can help guide them and their families as their competitive careers evolve.

John's vision is that kids do not have to leave home to train at a warm weather academy in order to maximize their potential – that family and familiar surroundings are important to the overall well-being of young athletes pursuing excellence.

JMTA is also based on the belief that junior players do not have to play tennis five hours a day, six days a week to maximize their potential; John believes that the quality of time spent practicing is far more important than the quantity of time and that staying in school and developing other interests can give a modern athlete a unique set of advantages. JMTA believes that focus, dedication and hard work pay off - in tennis and in life.

### PATHWAY RED ONE & TWO

Using the appropriate sized court (36') and ball (low compression Red), the U10 Pathway Red One and Red Two programs provide the best start for young athletes, allowing them to serve, rally and actually play the game of tennis quickly.

Playing the game increases their motivation to learn and to commit to developing new skills, and learning by playing is just more fun. We strongly recommend that JMTA Pathway U10 players commit to playing at least twice weekly, as this will accelerate their learning and their development of skills at every stage.

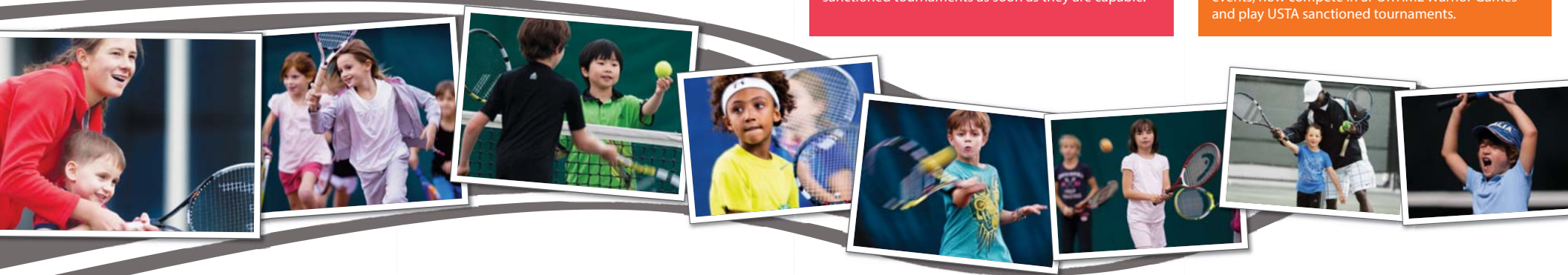
Players in Pathway Red spend time on linking shots together and focus on developmentally appropriate technical skills, including learning to deal with spin and speed. Participation in competitive SPORTIME World Tour events are an essential part of Pathway Red, and players are encouraged to start to compete in USTA sanctioned tournaments as soon as they are capable.

### PATHWAY ORANGE ONE & TWO

U10 Pathway Orange One and Orange Two programs progress our committed young players onto the 60' court. Targeting specific skills, SPORTIME Orange One uses both the Red and the Orange ball to make a task simpler or more challenging, depending on the needs and the developmental levels of the players.

Tactical skills at the Orange level include decision making, taking time away from the opponent and increasing intensity of play. Technical skills include increasing swing speeds, adapting swing shapes and building offensive skills.

In U10 Pathway Orange there is increased focus on developing the athletic skills that form the foundation of technical development and on maximizing the movement and balance skills that are essential for playing high level tennis. Pathway Orange players continue to compete in SPORTIME World Tour events, now compete in SPORTIME Warrior Games and play USTA sanctioned tournaments.



### 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.

SPORTIME World Tour events use a Flexi-Team format, which means that teams are formed on the days of the events and that new friends and partners will be found. The SPORTIME World Tour is linked to our SPORTIME Rewards Program, in which participants earn and accumulate points based on attitude, effort and sportsmanship.



### 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.

SPORTIME Warrior Games are team-based competitions divided into three segments, based on key areas of mental development: focus; dealing with adversity; the ability to make tactical adjustments. To prepare, players work on these skills during the competitive portion of each group lesson. Our goal is to give our students the mental tools that allow them to compete well, to enjoy competing, to respond to situations with multiple and adaptable tactics, and to win matches.