



# JOHN McENROE TENNIS ACADEMY 2020 SUMMER TRAINING CAMP

JUNE 22TH - SEPTEMBER 4TH



**SPORTIME LAKE ISLE** 🌱 **JMTA GREEN BALL AND YELLOW BALL CAMP** 🌱 **PLAYERS AGES 7-18**

## JMTA Summer Training Camp

At JMTA, we train 52 weeks a year. Our intensive camp is designed for players competing in, or striving to compete in, Sectional, National and ITF tournaments, and those interested in playing high-school tennis, college tennis and beyond. Players, at any level, who simply want to be the best they can be, are also welcome!

- Full Day Camp: 9:00AM - 4:00PM
- Half Day Morning: 9:00AM - 12:00PM
- Half Day Afternoon: 1:00PM - 4:00PM

## JMTA Tennis Training

The JMTA Training Camp curriculum features a combination of drills, technical and tactical coaching, match play, and off-court athletic and cross-training, specifically tailored to the ages and levels of each JMTA player group. Our world-class directors carefully evaluate students, place them in small age and level-appropriate groups, and customize programs to meet their developmental needs.

## JMTA Athletic, Performance and Cross Training

JMTA's APCT program is designed to help tennis players improve their on-court performance through increased strength, flexibility and mobility, and to reduce the risk of injury.

## JMTA Mental Toughness Training

We believe that our capacity to determine an individual player's on-court stress patterns, and 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 student an "edge". JMTA's Mental Toughness curriculum is developed by JMTA Directors and coaches, and implemented on and off-court.

## Private Lessons

Private lessons may be scheduled before or after camp with a member of our coaching staff for an additional charge.

## Video Analysis

Our supervising coaches take videos of JMTA students in action, using video analysis software, provide verbal feedback tagged to the video clips and use annotation tools to highlight the verbal analysis. These videos are then emailed to the players, parents and coaches. JMTA coaches also review and analyze other practice and match play video, both of JMTA players and of professional players, with students, in individual and group settings.

## Typical Camp Day Schedule\*

Includes a minimum of 4 hours of tennis.

8:45	Check-in
9:00-12:00	Two hours of tennis; one hour of multi-sport activities and tennis-specific athletic-training; classroom strategy or mental toughness training (Depending on weather)
12:00-1:00	Lunch and break
1:00-2:00	Tennis: Live ball drills, tactical point-play
2:00-3:00	Match play
3:00-4:00	Swimming
4:00	Cool down and dismissal

\*Schedule subject to change. Extended Day AM and PM options available for an additional cost.

## Register Today!

Contact Tennis Coordinator Marcio Souza by calling (914) 777-5151, or emailing [msouza@sportimemy.com](mailto:msouza@sportimemy.com) to find out more. Visit us at [www.SportimeCamps.com/LISLE](http://www.SportimeCamps.com/LISLE) to register online.



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## JMTA GREEN AND YELLOW BALL TRAINING CAMP AT SPORTIME LAKE ISLE

### Camp Directors and Staff

Alberto Romea, the Director of the John McEnroe Tennis Academy, Westchester, and former NAIA #1 in singles and doubles for Auburn University Montgomery, personally supervises all JMTA camp programs. He is assisted by Assistant Academy Directors Josep Baro and Mario Leguizamon, and by our international team of world-class JMTA coaches.

### Camp Location

Located on the grounds of the Lake Isle Country Club, SPORTIME Lake Isle features 8 Har-Tru tennis courts and a 5,000 square foot, air-conditioned clubhouse on two levels, providing superior viewing, locker rooms, and a large lounge and lunch area. JMTA players also utilize nearby hard courts, for hard-court training, and the LICC's beautiful aquatics complex, featuring five pools.



#### In Case of Rain

Camp is on, rain or shine. When courts are not playable due to inclement weather, we provide indoor and other activities for campers, and best efforts are made to adjust daily schedules so that any on-court training time lost is made up at another time.



#### Safety

To ensure your child's safety, all activities are supervised by certified Tennis Professionals and Counselors trained in CPR.



#### Lunch

Campers may bring their own lunch or may participate in the SPORTIME lunch program for a nominal fee. The SPORTIME lunch program includes fresh sandwiches, pizza, drinks and healthy snacks.



#### Extended Day

Parents who require extended day child care are invited to drop campers off as early as 8:00am and pick them up as late as 5:00pm for an additional cost.

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