



JMTA

JOHN McENROE TENNIS ACADEMY SUMMER TENNIS TRAINING CAMP

TRAIN 52

SPORTIME Syosset 2018 Tennis Training Camps

Indoor Training at SPORTIME Syosset * Outdoor Training at NYIT

For Committed Players Ages 7-18 | 10 Weeks, June 25th thru August 31st | Athletic and Performance Training
Mental Toughness Training | Training on Outdoor Courts | Hard and Clay Court Training

John McEnroe Tennis Academy Summer Tennis Training Camp

At JMTA, we train 52 weeks a year. Our intensive JMTA Summer Training Camp, located at SPORTIME Syosset, the Long Island home of JMTA, is specifically designed for players competing in or striving to compete in USTA Sectional, USTA National and ITF tournaments, and those interested in playing high-school tennis, college tennis and beyond. Our world-class JMTA tennis and performance directors and coaches carefully evaluate students, place them in small age and level appropriate groups, and customize programs to meet their developmental needs. All levels are welcome.

JMTA Athletic and Performance Training

JMTA's APT program is designed to help players improve on-court performance through increased strength, flexibility and mobility, and to reduce the risk of injury. The program, developed by JMTA Performance Director Richard-John Mensing, Jr. and SPORTIME/JMTA Syosset Performance Director Aaron Lopez, is implemented by Aaron and other JMTA coaches on-court and in our on-site High-Performance Center.

JMTA Mental Toughness Training

JMTA's MTT curriculum, developed by Dr. Dom Lausic, JMTA Director of Mental Performance and Toughness, Mental Toughness Expert and a principal and co-founder of the Hourglass Performance Institute, is implemented by our team of JMTA Directors.

JMTA Outdoor Training at nearby NY Institute of Technology

In an effort to provide JMTA players with diverse on-court training experiences, players train on indoor hard and clay courts, and on outdoor courts at NYIT's nearby Old Westbury campus. Players will be transported to and from the NYIT campus each day, weather permitting.

Video Analysis

JMTA coaches take videos of players in action using video analysis software, provide verbal feedback tagged to the video clips by the software, and use the software's annotation tools to highlight the verbal analysis. These videos are then emailed to the player, and the player's parents and coaches.

Training Staff

The JMTA Summer Training Camp will be facilitated by JMTA Director, Mike Kossoff, and by Associate JMTA Director and camp director, Greg Lumpkin. Campers will train with our world-class JMTA tennis professionals, fitness trainers and mental toughness experts.

Typical JMTA Training Camp Day 9:00am-4:00pm

9:00-9:05	Check-in
9:05-10:00	Athletic Performance Training
10:00-12:00	Tennis: live ball drills, footwork drills, technique development
12:00-1:00	Lunch and rest
1:00-3:30	Outdoor Training at NYIT
1:00-2:15	Tennis: live ball drills, situational drills, strategy
2:15-3:30	Tennis: match play
3:00-3:30	Return to SPORTIME
3:30-3:50	Team Tennis Match Play
3:50-4:00	Dismissal

Important Camp Information

Safety: All camp directors are trained in CPR and First Aid to ensure camper safety at all times.

Transportation: Parents are asked to provide daily transportation for their children.

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



Register Today!

Contact us at 516-364-2727 or email campsstm@sportimeny.com or visit us online at www.SportimeCamps.com/STM for more.

