

JMTA

JOHN McENROE TENNIS ACADEMY
SUMMER TENNIS TRAINING CAMP

TRAIN
52

For Committed Players Ages 9 -18 | 11 Weeks, June 18th thru August 31st
Athletic Performance Training | Mental Toughness Training | Video Analysis

John McEnroe Tennis Academy (JMTA) Summer Tennis Training Camp

At JMTA, we train 52 weeks a year. Our intensive JMTA Summer Training Camp at SPORTIME Amagansett, the Hamptons' summer home of JMTA, is designed for players competing in, or striving to compete in, USTA Sectional, USTA National and ITF tournaments, for those interested in playing high-school tennis, college tennis and beyond, as well as for players, at any level, who simply want to be the best they can be!



The JMTA Tennis Program

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

JMTA Athletic and Performance Training

JMTA's APT program is designed to help students improve their on-court performance through increased strength, flexibility and mobility, and to reduce the risk of injury. The JMTA APT program has been developed by JMTA Performance Director Richard-John Mensing, Jr. and will be implemented by JMTA Amagansett Directors and Coaches.



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 official sports psychologist, Dr. Dom Lausic, a principal and co-founder of the Hourglass Performance Institute, has designed the JMTA mental toughness curriculum to be implemented by JMTA Directors and coaches.

Player Development Plan and Tennis Analytics

JMTA students who enroll for three full weeks or more of Summer Training Camp receive Player Development Plans, and a half hour of Tennis Analytics included in their tuition. PDPs include tennis-specific, athletic performance and mental toughness assessments, identify strengths and weaknesses, set long-term and short-term goals, and provide other important feedback from JMTA coaches. Video clips of JMTA students in action are also included. For year-round JMTA students, existing PDP's are updated.



Match Play Afternoons

With up to 33 Har-tru tennis courts available to our juniors, every afternoon is match play time at SPORTIME Amagansett. Participants have the opportunity to practice singles and doubles with on-court supervision from our staff of experienced coaches. Players receive technical and tactical feedback in match-play situations.

Typical JMTA Training Camp Day Monday - Friday, 10:00am - 4:00pm

10am - 10:15am	Check-in and assembly
10:15am - 11am	Performance training or mental toughness training
11am - 12:45pm	On-court training, including live-ball drills and technical skills development
12:45pm-1:45pm	Lunch and rest
1:45pm-3:45pm	Singles and doubles match play; live-ball drills (situational/strategy), tactical point-play games
3:45pm-4:00pm	Cool down and dismissal



SPORTIME Amagansett

Located in the Town of East Hampton, and open May to November, SPORTIME Amagansett offers 33 outdoor Har-Tru tennis courts, 1 deco-turf tennis and multi-sport court, a 1,500 square-foot heated outdoor swimming pool, a mini-basketball court and playground, 3 natural turf sports fields, 2 clubhouses and a camp house, a tennis pro shop and a cafe. Members enjoy our expert game-arranging service, private or group tennis instruction and clinics, and a range of tennis and social events.



Camp Directors and Staff

Dan Cochrane, Director of JMTA, Amagansett

Now in his 3rd season as Director of JMTA Amagansett, Dan is an Assistant Director at JMTA/Randall's Island. A native of Lower Froyle, England, Dan was a top-10 ranked British junior. Dan graduated from Auburn University, where he was ranked No.1 in the country in NCAA D-1 doubles in 2013, winning the All-American Championships. He was captain of Auburn's team in 2014, the same year he joined SPORTIME/JMTA.



Patrick McEnroe, Co-Director of JMTA

As a junior from Douglaston, NY, Patrick reached the semifinals of Wimbledon and the US Open boys' singles in 1983. At Stanford University, Patrick captained NCAA championship teams in 1986 and 1988, and graduated with a degree in political science. On the ATP Tour, Patrick achieved world rankings of No.28 in singles and No.3 in doubles, and won a French Open title in doubles. Patrick was the longest tenured U.S. Davis Cup captain in history, winning the cup in 2007. He was the General Manager of Player Development for the USTA until mid-2015 and joined SPORTIME/JMTA in 2017.



Lawrence Kleger, Co-Director of JMTA

A native New Yorker, Lawrence is recognized as one of the top developmental coaches in the USA. He has coached numerous sectionally, nationally and world ranked juniors, including current ATP Tour player, 2014 Wimbledon Junior and US National Boys 18 Champion, Noah Rubin. Lawrence has been with SPORTIME since 1998, and became the Co-Director of the John McEnroe Tennis Academy in the summer of 2012.



ADDITIONAL FEATURES AND IMPORTANT CAMP INFO

Safety

To ensure your child's safety, all activities are supervised by directors and coaches trained in injury prevention and CPR. We are committed to providing a safe environment for your child.



Lunch

Players receive lunch daily, prepared onsite by our cafe operator, Kelly's Cafe. Lunches include a variety of hot entrees, healthy sandwiches or wraps, along with salad, fresh fruit and lemonade. Kelly's cafe is nut-free and there is always a vegetarian option.

Transportation

Transportation is available, for a nominal fee, from convenient locations in Watermill, Bridgehampton, Wainscott and Montauk. If you are interested in bus service, please contact us at 631-267-3460.

US Open Trip

All JMTA students who are attending during the US Open are invited to visit the US Open as part of their JMTA tuition. Trip includes bus transport from SPORTIME to the US Open plus a day ticket. Director Dan and JMTA coaches chaperone the group - always a great experience!

Rainy Days

Nothing cancels JMTA Training Camp. Rain or shine, we are on! We use our indoor space at the Sportime Arena to provide a modified performance schedule. We also watch tennis videos and, on rare occasions when a full day may be lost to inclement weather, we take groups to the local movie theater. Campers who wish to opt out of a rainy-day session may do so and may schedule a make-up day on a space available basis. No refunds are given for rainy days.

Themed Days & Other Fun Days

Tough Tuesdays, Technical Wednesdays, Friday Morning Workouts, Davis Cup, BBQs and Pool Parties - at JMTA every day is special!

Private Coaching

Private tennis lessons, athletic training sessions, mental toughness training sessions, and physical therapy sessions are available. Cost varies by product and by coach. Call for more info.

USTA Tournaments

SPORTIME Amagansett hosts at least 3 USTA Junior Tennis Tournaments each summer. All JMTA players are encouraged to compete in these tournaments. JMTA coaches will be on-site to support, coach and observe JMTA players. Register your child with USTA now or ask us for help if needed!

REFER
a
FRIEND!

Refer a Friend and Get \$50 Off!

Refer a first-time JMTA camper who enrolls for a minimum of one full week (a camper who has not participated previously in SPORTIME camp, private or group lessons or other programs) and receive \$50 off your camp tuition. Call and ask for details.



Register today!

Please call 631-267-3460 or email amagansett@sportimeny.com with any questions or visit us online at www.SportimeCamps.com/JMTA-AM



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