

JMTA

JOHN McENROE TENNIS ACADEMY
SUMMER TENNIS TRAINING CAMP

TRAIN
52



For Committed Players Ages 7-18 | 12 Weeks, June 11th through August 31st | Athletic and Performance Training
Mental Toughness Training | Video Analysis

JMTA Summer Training Camp

At JMTA, we train 52 weeks a year. Our intensive camp is located at SPORTIME Randall's Island, SPORTIME's flagship site and the NYC home of JMTA. It is designed for players competing in or striving to compete in USTA Sectional, National and ITF tournaments, and those interested in playing high-school tennis, college tennis and beyond, as well as 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, specifically 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 small age and level-appropriate groups, and customize programs to meet their developmental needs.



JMTA Athletic and Performance Training (APT)

JMTA's APT 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. The JMTA APT program is developed by JMTA Performance Director Richard-John Mensing, Jr. and is implemented by JMTA Performance 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 Director of Mental Performance and Toughness, Dr. Dom Lausic, a principal and co-founder of the Hourglass Performance Institute, has designed the curriculum to be implemented by JMTA Directors and coaches.



Video Analysis

Our supervising coaches take videos of JMTA students 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, shortly after they are captured and annotated, to parents and campers, and to other JMTA coaches. Additional video services are also available, please refer to our application.

Player Development Plan and Tennis Analytics

JMTA students enrolled for five or more weeks of Training Camp receive Player Development Plans. 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. For year-round JMTA students, existing PDP's are updated.

Camp Directors and Staff

The JMTA Summer Training Camp is designed and directed by JMTA Co-Tennis Directors Lawrence Kleger and Patrick McEnroe, JMTA Associate Directors Brian Helm, Mark Bowtell and Perry Aitchison, and Camp Director Greg Evans. Additional staff includes JMTA Assistant Directors and our world-class JMTA training camp staff. Athletic and performance training is designed and directed by Performance Director Richard-John Mensing, Jr., Associate Director Andrew Wegman and Assistant Director Igda Mendez.



SPORTIME Randall's Island, JMTA Flagship

Our 160,000 square foot, state-of-the-art site features 10 championship hard (Deco-Turf) and 10 soft (Har-Tru) courts, a high-performance training center, classrooms, a full-service pro shop, cafe and many other facilities and amenities. JMTA also utilizes beautiful ball fields adjacent to the site, as well as nearby Icahn Stadium, for cross training, speed and agility training and other activities.



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

8:45am - 9:00am	Check-in
9:00am - 10:00am	Tennis-specific strength & conditioning/speed & agility or mental toughness training
10:00am - 12:00pm	Tennis: live ball hitting, footwork drills, technique
12:00pm - 1:00pm	Lunch/Break
1:00pm - 2:00pm	Tennis: live ball hitting, situational drills, strategy
2:00pm - 3:00pm	Tennis match play
3:00pm - 4:00pm	Tennis-specific cross-training: soccer, basketball, ultimate frisbee or mental toughness training
4:00pm	Cool down and dismissal

**REFER
α
FRIEND!**

Refer a Friend and Get \$50 Off!

Refer a first-time 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 for each week he/she reserves. Call us for details.

Additional Features and Important Camp Information

Safety: To ensure your child's safety, all activities are supervised by coaches and counselors trained in CPR. We are totally committed to providing a safe, wholesome environment for your child.

Lunch: For an additional daily fee, players are provided with a fresh, healthy lunch. Snacks and drinks are included as part of tuition.

Transportation: For an additional fee, door-to-door transportation and transportation service from centralized pick-up locations in Manhattan are available.

Player Development Plans: Available to campers for an additional cost if not enrolled for 5 weeks or more.

Nutrition and Hydration Consulting: While technique and training are vital to the success of any player/athlete, nutrition, hydration and the ability to recover are keys to success both on and off-court. Call for more info.

Private Coaching: Private Tennis Lessons, Athletic Training

Sessions, Mental Toughness Training Sessions, Physical Therapy sessions are available (cost varies by product and by coach). Call for more information.

Camp is on - Rain or Shine: Neither rain nor sleet nor snow cancels JMTA Training Camp! We use our five indoor courts, our high-performance training center, our classrooms and our other indoor facilities to provide a modified daily camp schedule in inclement weather.



Register today!

Contact us at 212-427-6150 or by email at campsnyc@sportimeny.com or visit us online at www.SportimeCamps.com/NYC for more information.



212-427-6150

www.SportimeCamps.com/NYC

