

# JR TENNIS ACADEMY

The LSF professional coaching staff continually refines its Junior Academy Program to enable junior tennis athletes to achieve successful outcomes in today's modern competitive environment. All programs encourage a regiment of tournament and matchplay. LSF has highly-skilled resources from other disciplines to help develop a complete athlete.

## **Elements of the program include:**

1. Advanced technical skill development
2. Match strategy and tactics
3. Mental preparation
4. Physical strength, speed and agility conditioning
5. Emotional intelligence

## **Junior Academy**

Academy programs help juniors prepare for tournament, high school and college level competition.

**Mondays & Wednesdays: 4-6pm**

**Tuesdays & Thursdays 5-7pm**

**Saturdays & Sundays 1-3pm**

**For more information  
or to register please contact:  
[LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com)**