

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 11am-1pm

**For more information
or to register please contact:
LPRacquet@LakeshoreSF.com**