



Junior Training Schedule
Palmetto Tennis Center
400 Theatre Drive, Sumter, SC 29150
803-774-3969
www.palmettotenniscenter.com



- **Performance** – Intermediate Level Ages 8 & Up
 - **Mondays & Wednesdays: 4:00 - 5:30 p.m.**
 - The focus of this clinic is on stroke production and match play situations. Players will be encouraged to participate throughout the year in different events. Goals include the ability to rally while sustaining stroke mechanics. Most are taking, or have taken, private lessons.
 - \$15/clinic

- **High Performance** – Advanced Level Ages 18 & Under
 - **Tuesdays & Thursdays: 5:00 - 7:00 p.m.**
 - High Performance is an immersion of tactical and competitive work and play based drills. Advanced players, top high school players, and top tournament players will find themselves challenged physically and mentally. Advanced level play requires commitment to excellence and the willingness to achieve goals during clinics and on their own time.
 - \$18/clinic

NOTE: Clinic days and times are subject to change with the season, inclement weather, and tournaments.

**Enroll your child in the Palmetto Tennis Center's
Performance Training Center Program**

***You will receive the Tuomey Sports Medicine Component providing initial
consultation for parents and players on Athletic support.***



TUOMEY SPORTS MEDICINE

SERVICES OFFERED:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Athletic Training

TUOMEY
HEALTHCARE SYSTEM
1215 Alice Drive | 803-774-5201