



Youth Training Schedule

Palmetto Tennis Center
400 Theatre Drive, Sumter, SC 29150
803-774-3969

www.palmettotenniscenter.com



- **Drop Shots** Ages 5 - 7 Years Old
 - **Tuesdays & Thursdays: 3:30 - 4:15 p.m.**
 - Focus is on basic physical skills such as sending and receiving, balance, throwing, catching, and tracking.
 - Goal: Player has the ability to “rally” ball back and forth with a coach or parent.
 - \$10/clinic
- **Slammers** Ages 8 - 10 Years Old
 - **Tuesdays & Thursdays: 4:30 - 5:30 p.m.**
 - Focus is on physical skills such as sending and receiving, balance, throwing, catching, tracking, agility, and more complex coordination.
 - Goal: Player has the ability to “rally” with coach or parent as well as with another player of like ability. Beginning to understand the concepts of serving, rallying, and scoring.
 - \$13/clinic
- **Aces/Challengers** Beginner Ages 11 & Over
 - **Tuesdays & Thursdays: 5:30 - 6:30 p.m.**
 - Focus is on stroke technique and development. Players in this group have limited experience and are looking for the basic skills to get started.
 - Goal: Player develops the ability to serve, rally, and score. Players in this group will advance into the Performance clinic once they have these abilities and also participate in other events such as Junior Team Tennis, Junior Tournaments, or Exchange Matches.
 - \$13/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