

# Palmetto Tennis Center's *Performance Training Center*

## *PTC Training Outline*

### Youth Clinics

**10 and Under:** The 10 and under program is designed to get kids involved in tennis from the start. From smaller courts and rackets to balls appropriate to the player's size and skill level, everything is geared toward matching equipment to the child's developmental level. With easy to learn scoring and the latest in teaching methodologies, kids learn the game faster than ever.

~ **Drop Shots: Ages 5-6:** The focus of this group is on physical skills such as throwing, balance, tracking and sending and receiving skills. Goals will include hitting the ball over the net and learning the skills necessary to rally.

~ **Slammers: Ages 7-8:** The focus of this group is continued work on physical skills like throwing, balance, tracking and send/receive, but with more emphasis on learning to rally. Players will also learn the concepts associated with serving and keeping score.

~ **Aces: Ages 9-10:** The focus of this group is on the physical skills associated with being able to play the game. Players will be challenged more to use good technique and will be expected to play independently on the 60' court with the goal of getting involved in organized play.

**CHALLENGERS: Beginners 11 & Up:** The focus of this group is on stroke technique and development. Players in this group have limited experience and are looking for the basic skills to get started. Goals include the ability to serve, rally and score. Players in this group will advance into the Performance group once they have these abilities and also participate in events such as Junior Team Tennis, junior tournaments or exchange matches.

### Junior Clinics

**PERFORMANCE: Intermediates 8 & Up:** The focus of this group is on stroke production and match play situations. This player typically needs more stroke work rather than tactical or competitive work as seen in the High Performance group. This group acts as a valuable step in preparing for the more rigorous demands of the High Performance group. Goals include the ability to rally while sustaining stroke mechanics.

**HIGH PERFORMANCE: Advanced 18 & Under:** The focus of this group is continued growth as a year round competitive junior tennis player. Clinics will incorporate high end skill development, strength and conditioning as well as highly competitive point play. Players in this group typically play tournaments year round, in addition to high school and JV tennis. This group is committed to excellence and will do work independent of the group to achieve that end.

## *PTC - Health and Fitness*

### **January: Upper Body Strengthening Program**

*Program specific for tennis; Frequency of workouts, sets, reps, etc.; Signs and symptoms of overuse injuries from program.*

### **February: Lower Body Strengthening Program**

*Program specific for tennis; Frequency of workouts, sets, reps, etc.; Signs and symptoms of overuse injuries from program.*

### **March: Managing Emotions on the Court**

*Avoiding physical, mental, and emotional breakdowns on the court; Routines and rituals.*

### **April: Proper Hydration**

*Importance of proper hydration; Training and playing in the heat; Signs and symptoms of heat illness.*

### **May: Core Strengthening**

*Importance of core strengthening for athletics; Program specific for tennis.*

### **June: Speed and Agility Training**

*Impact of training for tennis; Program development specific for tennis; Over-training.*

### **July: Foot and Hand Care for the Tennis Player**

*Proper footwear for tennis; Managing blisters.*

### **August: Nutrition**

*Importance of proper nutrition for training and competing; Pre-match meal; Post-match foods; Sports drinks; Supplements and sports enhancing products.*

### **September: Proper Warm-Up and Stretching Program**

*Importance of a proper warm-up before training and competition; Warm-up program specific for tennis; Stretching program specific for tennis.*

### **October: Cardiovascular Conditioning for the Tennis Player**

*Cardiovascular conditioning program for the tennis player.*

### **November: Plyometrics**

*What are plyometrics?; Plyometric training program specific for tennis; Avoiding overuse injuries from plyometric training.*

### **December: Injury Management**

*Acute vs. chronic injuries in tennis; Signs and symptoms of common tennis-related injuries; Proper management of tennis-related injuries; How to determine when it's safe to return to play.*

### **Participant's Access to the Tuomey Sports Medicine Program**

Tuomey Sports Medicine shall provide an Athletic Trainer for initial assessments and evaluations after 3:30pm Monday-Thursday for participants (by appointment only) at Tuomey Outpatient Rehabilitation, 1215 Alice Drive, Sumter, SC. The participant's parent or guardian will call the front desk to schedule an appointment at 803.774.5201. The parent or guardian is required to attend the appointment with the participant. If surgical and/or rehabilitation services are needed beyond the initial evaluation and consultations, the participant (or his/her parent or guardian) may choose a provider of their choice to furnish such services. The participant (or his/her parent or guardian) or applicable insurance company will be responsible for the costs of such additional services.

## **TUOMEY SPORTS MEDICINE**

### **SERVICES OFFERED:**

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



1215 Alice Drive | 803-774-5201