

# COMPETITIVE PATHWAY



WINTER HAVEN  
TENNIS CENTER

## What is Competitive Pathway?

The Competitive Pathway program is a comprehensive tennis training program that focuses on the four pillars of tennis: Technical, Tactical, Physical, and Mental.

## Who is the program for?

The Competitive Pathway program is designed for the player who is currently competing at the High School level and/or competes in USTA tournaments.

## How is the program designed?

The training part of the program is broken down into 3 components: drills, live ball controls, and competition (point play/sets). Thursday is match play day with players from other tennis facilities.

## RATES AND WEEKLY SCHEDULE

Cost:	Daily Rate	\$30 Resident/\$38 Non-Resident
	Weekly Rate	\$110 Resident/\$138 Non-Resident

MONDAY:	1:00pm	3:00pm	(Emphasis - technical)
TUESDAY:	1:00pm	3:00pm	(Emphasis - mental)
WEDNESDAY:	1:00pm	3:00pm	(Emphasis - physical/doubles play)
THURSDAY:	2:00pm	4:00pm	(Emphasis - match play)
FRIDAY:	10:30am	12:30pm	(Emphasis - tactical)

(Emphasis means what we will primarily focus on, however, all four pillars of tennis are developed each training session.)

ALL CLASSES ARE INSTRUCTED BY CERTIFIED HEAD TENNIS PROFESSIONAL  
DAVID SALTMAN - USPTA, PTR, RPT

