

HIGH PERFORMANCE TENNIS CAMP

In association with
Dartfish Video Analysis,
Nike & Babolat.



Signing up is easy...

Go to www.mtvac.net and
click on tennis to sign up
online or you can contact
the tennis department at
tennis@mtvac.net.



7950 Audubon Avenue
Alexandria, VA 22306
Tel: (703) 360.7300
www.mtvac.net
www.facebook.com/mtvac



HIGH PERFORMANCE Mount Vernon Athletic Club



SPRING 2012

February 27th - April 22nd
Eight Weeks



Competition Training Center
USTA Mid-Atlantic Tennis Facility of the Year

Application for High Performance Spring Session 2012

CHILD'S NAME: _____

PARENT'S NAME: _____

ADDRESS: _____

CITY: _____

STATE/ZIP: _____

PHONE: _____

EMAIL: _____

DATE OF BIRTH: _____

MID ATLANTIC RANKING: _____

PAYMENT METHOD:(VISA/MC/AMEX)

CHECK ON ACCOUNT CREDIT CARD

AMOUNT ENCLOSED: \$ _____



Clinic Days

Monday

Tuesday*

Thursday*

Fridays

Clinic Times

4:30pm-6:30pm

4:30pm-7:00pm

4:30pm-7:00pm

4:30pm-6:30pm

*NEW! Educational class from 6:30pm-7:00pm.

Member

3 Days \$875

4 Days \$975

2 Days* \$583

Non-Member

3 Days \$1075

4 Days \$1375

2 Days* \$716

*For High School Players ONLY.

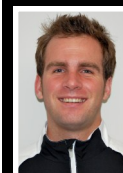
Participants must be actively playing USTA Tournaments. A top 100 Mid-Atlantic ranking in their respective age group guarantees acceptance to the class. Players that are in the top 10 in their respective age group are eligible to receive discounted fees. Students must participate in a minimum of three out of the four days.

PAYMENTS AND CANCELATIONS:

Make all checks payable to MTVAC and mail completed registration form to 7950 Audubon Ave., Alexandria, VA 22306 or complete the online registration form. Returned checks will result in a \$20 processing fee. A \$50 administrative fee per child will be assessed for cancellation of a prepaid camp session at any point prior or during the designated session.

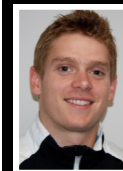
“MTVAC High Performance is the most rapidly growing tennis training program in the Mid-Atlantic. The program seeks to develop the best juniors in the area through creating a productive training environment. The students and teaching pros alike strive to create a culture of excellence where students are encouraged to reach their full potential. The program is ever growing and therefore evolving with the game of tennis. Always introducing new techniques and never afraid to try new things.”

High Performance Tennis Professionals



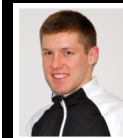
Directed by Tim Bainton

2011 USTA Virginia Teaching Professional of the Year
USPTA, PTR, LTA, USTA High Performance Coach
PTR Master of Tennis Performance
2010 USTA Mid-Atlantic Teaching Pro of the Year
USTA Regional Training Center Coach



David Perren

USPTA, LTA
USTA Regional Training Center Coach



Matt Krawczyk

USPTA, PTR
USTA Regional Training Center Coach



Patrick Escalambre

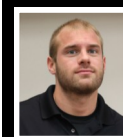
2011 USTA Virginia Tournament Director of the Year
USPTA
USTA Tournament Director



David Bryan

USPTA

High Performance Training Professionals



Will Vogel

ACE, CSCS



Leslie Fajfar

ISSA

MTVAC is now providing tennis specific training during the High Performance Class. With focus on improving the whole tennis player, our High Performance Trainers will help establish a tennis specific regimen that will focus on strength, conditioning, injury prevention, and nutrition. Integrated throughout each High Performance class, tennis specific training will help our players grow as a tennis player and an athlete.