

## About Break Point Training Programs

**"We Develop Players, not Hitters"**

**Break Point Training Programs** emphasize the development of tactical playing abilities for competitive tennis, and are designed to develop players, rather than hitters.

Four-to-a-court training allows for rallying and live-ball training to more appropriately facilitate the development of tennis skills.

### **The Break Point Philosophy**

"Practice like you play, or you'll play like you practice."

If you see a situation in your match that you haven't seen in practice over and over, we haven't done our job!

**Break Point** stays away from any "systems" or "methods" -- we base our training on objective sport science (motor learning, biomechanics, physiology, match-play statistics).

Players don't hit one ball and run to the end of the line in a match. Players don't hit 100 balls in row in a match. Players don't chase balls from alley to alley for two minutes during a match.

**Break Point** prepares students to become players, rather than hitters. Technical modifications are only made in order to help a player solve playing problems or to avoid repetitive-stress injuries. There is no "model stroke" imposed on all students.

**Break Point Training Programs**  
are conducted at:

### **Clayton County Tennis Center**

2300 Highway 138 SE  
Jonesboro, GA 30236  
678-479-5016

[www.extreme-tennis.com](http://www.extreme-tennis.com)

Register Online or make checks payable to Extreme Tennis

## Benefits of Break Point Training Programs

### **Games-Based Coaching**

Do you work on your strokes, but find you aren't always sure how to use them in a match? Rather than focusing primarily on hitting skills, **Break Point Training Programs** first emphasize the playing skills needed to succeed, then help players improve strokes in order to improve their games. Break Point develops great players, not just great hitters.

### **Player/Court Ratio**

Many tennis academies train with six players to a court, which results in "tennis factory" training, featuring mostly basket-fed drills. **Break Point Training Programs** feature four students to a court to offer players a chance to improve through live-ball drilling, rallies and problem solving -- exactly what happens in a match.

### **Charted and Coached Matches**

What is your ratio of winners to errors to forced errors? Believe it or not, if you're winning most of your points, you're doomed to failure! Find out why when you see your match charting results. Break Point coaches will also coach you through portions of your supervised Friday matches.

### **USTA Fitness Test**

**Break Point** offers the same fitness testing that U.S. National Team members undergo to see how you compare (available with Parent/Player/Coach program only).

### **Personal Evaluation**

Each player will fill out a thorough self-evaluation, rating his or her strengths and weaknesses in strokes, matchplay and mental toughness to help determine what that player's goals will be for the season (available with Parent/Player/Coach program only).

### **Personal Coach**

Long-term academy students are assigned a personal coach to help plan and monitor their progress (available with Parent/Player/Coach program only).

### **Personal Game Development**

Based on their self-evaluation and our staff's evaluation, the parent/player/coach team will develop a style of play for that junior (defensive baseliner; aggressive baseliner; all-court player; attacking player). From this, each player will be taught the strategies and tactics for that style of play and the shots and stroke techniques he or she will need to play that style of game (available with Parent/Player/Coach program only).

**Break Point Training Programs**  
**develop players, not just hitters!**

## Typical Daily Session

- 4:00-4:15 -- Comprehensive hitting warm-up and stretch
- 4:15-4:30 -- Review of previous day's skill work and drills
- 4:30-5:15 -- Tactic of the day  
(tactical and related technical drills)
- 5:15-5:45 -- Match-play drills  
(handicapped to practice the day's lesson work)
- 5:45-6:00 -- Conditioning, stretching and cool down

Skills developed during practices will include:

- \*Tactical use of the serve for singles and doubles
- \*Return of serve for singles and doubles
- \*Shot-making skills and groundstroke patterns
- \*Serve and volley for singles and doubles
- \*Tactical use of the mid-court volley in singles and doubles
- \*Passing shots (tactical and technical)
- \*Taking balls on the rise
- \*Producing and playing short balls
- \*Playing through the mid-court in singles and doubles
- \*Forcing errors

In addition, practices will include work on the following:

- \*Sound biomechanics
- \*Footwork
- \*Mental Toughness
- \*Proper conditioning (interval training -- not aerobic activity)



## Break Point Training Programs

### Parent/Player/Coach Package -- \$600 per month

(minimum two-month commitment)

The **Parent/Player/Coach Package** provides a player with a comprehensive, personalized program developed with the coach, player and parents.

The **Parent/Player/Coach Package** includes:

- \*40+ hours on-court, per month
- \*Designation of personal coach
- \*Self-evaluation review with personal coach
- \*Meeting with personal coach, player and parents to discuss individual goals and to develop individualized plan
- \*USTA Fitness Test
- \*Video analysis of stroke mechanics and recommendations
- \*Monthly private lesson with personal coach (\$45 value!)
- \*Charted Matches
- \*Four-to-a-court training
- \*Monday-Thursday training sessions
- \*Supervised Friday matches(charted or partially coached)
- \*Discount on private lessons
- \*Discount on pro shop purchases

### Monthly Training Package -- \$300 per month

The **Monthly Training Package** is for players who do not need a personal coach and who want to develop their playing abilities while working on any stroke deficiencies which are holding them back from playing better.

The **Monthly Player Package** includes:

- \*40+ hours on-court, per month
- \*Four-to-a-court training
- \*Monday-Thursday training sessions
- \*Supervised Friday matches (charted or partially coached)
- \*Discount on private lessons
- \*Discount on pro shop purchases

### Daily Drop-In Training -- Three options

Daily Drop-In Training is available for players who only wish to train once or twice a week. Includes drills, conditioning, stretching and supervised matches.

**Tournament Training** = \$25 per session (two hours)

For tournament players pursuing USTA rankings or Varsity HS players.

**Girls Junior Varsity Training** = \$15 per session or \$50 per week

For middle and high school girls who want to make their high school tennis teams. Practices focus on stroke fundamentals, shot-making ability and singles and doubles tactics. (90 minutes) See our Junior Varsity brochure!

**Boys Junior Varsity Training** = \$15 per session or \$50 per week

For middle and high school boys who want to make their high school tennis teams. Practices focus on stroke fundamentals, shot-making ability and singles and doubles tactics. (90 minutes) See our Junior Varsity brochure!

## Break Point Training Programs

### Staff

#### Scott Mitchell - Training Programs Director

Scott has been in Atlanta since 1996, after spending six years at the world-famous Van der Meer Tennis Center on Hilton Head Island, SC, where he worked daily with top juniors and professional players from around the world. Scott is a former ranked junior player, playing in Texas and Indiana, where he played with such players as Malavia Washington, Alex O'Brien and Todd and Rick Witsken. Scott played his collegiate tennis at Indiana University and is a national tester for the PTR.

#### Ashley Mitchell - Training Programs Coordinator

Ashley came to Atlanta in 1997 after playing her collegiate tennis at Florida State University. She is a former All-American and two time ACC doubles champion. Ashley has worked with and been coached by some of the nation's best tennis coaches. She is now anxious to pass her knowledge on to others. She grew up with and competing against such players as Lindsay Davenport, Chanda Rubin, Mary Pierce and other world-renowned players. Ashley is a PTR Professional.

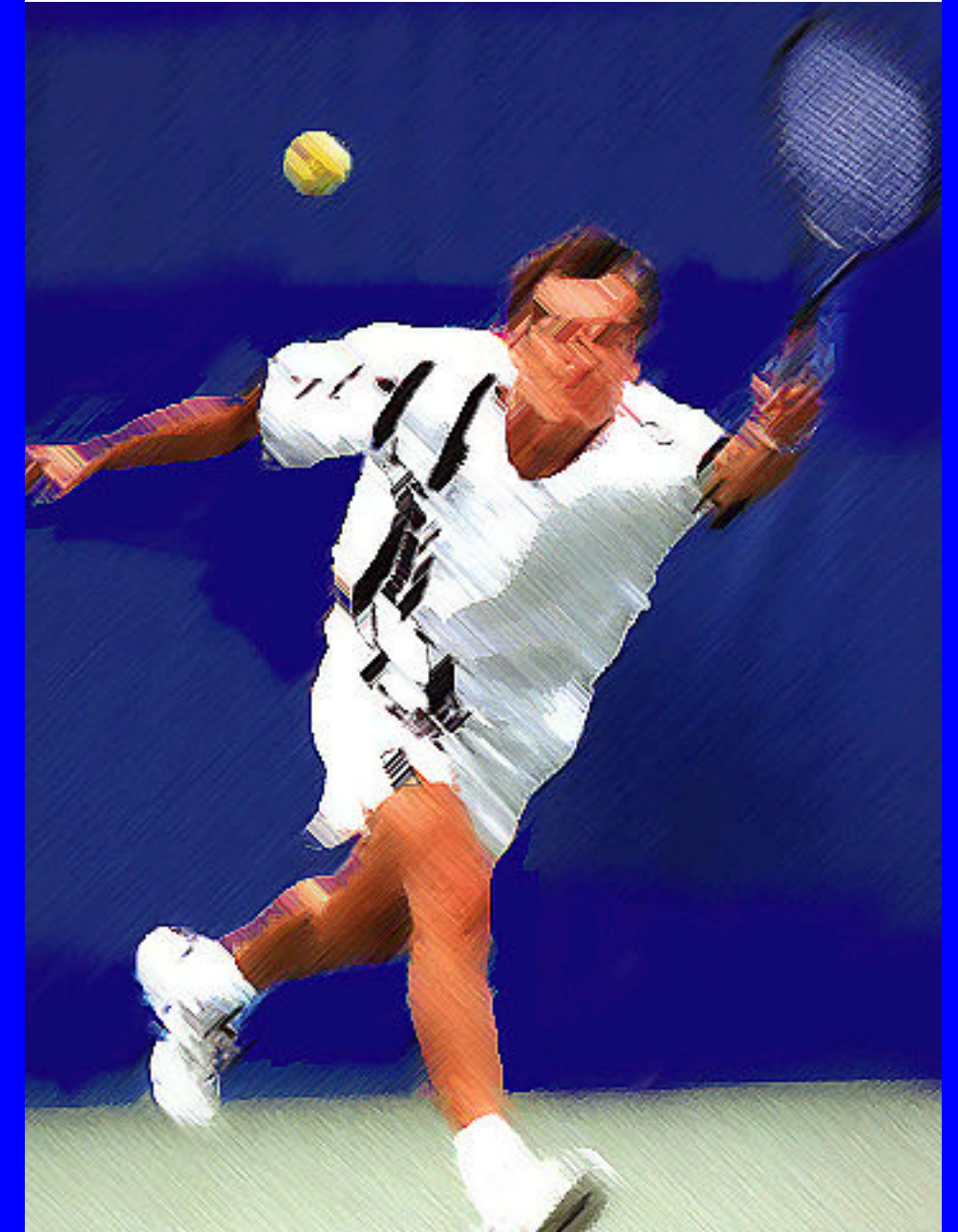
#### Steve Milano - Training Programs Manager

Steve is the former executive director of the Professional Tennis Registry Foundation, where he was publisher of *TennisPro*, the international magazine for tennis teachers, and director of an annual, international tennis teachers conference. As a leading tennis sport science author and lecturer, Steve has worked with almost every top international tennis researcher, federation and organization and travels internationally training coaches. Steve is currently the executive director of the U.S. High School Tennis Coaches Association.

#### Staff Professionals

Additional Break Point Training Programs staff professionals are certified by either the USPTA, PTR or their country's national certifying body, and are trained by the Extreme Tennis to understand our curriculum prior to their working in Extreme Tennis programs.

# Break Point Training Programs



**“We Develop Players, not Hitters”**

**Clayton County Tennis Center**

2300 Highway 138 SE

Jonesboro, GA 30236

678-479-5016