



HIGH INTENSITY TENNIS TRAINING

Players must be evaluated or recommended by Strand's senior staff to participate. To schedule an appointment for an evaluation call the front office, 973-507-9412.

MONDAYS

6:00pm-8:00pm

WEDNESDAYS

6:00pm-8:00pm

SUNDAYS

2:00pm-4:00pm

[13 week session] \$858
Each 120-minute clinic per week

We find that players at this level can achieve steady improvement when enrolling in two or more classes per week.

Drills, Match Play, Strategy, Technique

For junior players pursuing their varsity team, college team, or nationals. Our High Intensity Tennis Training [HITT] clinic program incorporates the latest training techniques of world class players and coaches to provide the highest level of performance. This advanced program continually tests players' mental and physical potential to facilitate marked improvement. Students receive training on stroke production, movement, strategy, tactics, psychology (mental/emotional), match play and physical training. Our program allows students to take advantage and intensive play two times per week. Coach-to-student ratios are one coach to four players or less. We instill the confidence that allows our players to aspire to be their best, while providing the tools to help them reach those goals.