

High Performance Training

What is High Performance Training?

High Performance Training includes *physical, technical, tactical, and emotional* training to help a player succeed in becoming the best he/she can be. Moreover, High Performance training focuses on long term goals vs. immediate successes. For example, a player will focus on the same specific skill for 8 to 10 weeks, even if it means losing in games and matches.

High Performance Training is for players 6 to 18 years old and follows the [USTA Player Development Guidelines](#).

How will BTC's High Performance Junior Program work?

BTC's High Performance Junior Program will be age specific and include:

- **Private Lessons** to focus on the development of specific skills.
- **Clinics** to reinforce what is learned in private lessons. Players will play games to improve their *tactical, physical, and emotional skills*. More importantly, players will have FUN while developing their tennis game.
- **Fitness Training** to enhance the strength, speed, stamina and flexibility of players. BTC encourages players to participate in variety of other sports or fitness activities that improve the development their strength, power, agility, balance, flexibility, muscle endurance, cardiovascular endurance, strength endurance and coordination. Soccer, lacrosse, and basketball are the most common.
- **Practice Matches** to develop great and gracious competitors. Players will compete in an array of practice matches to promote the development of a healthy competitive mindset and attitude --- win or lose. Practice is one of the most important training tools used to become a great and gracious competitor.

BTC's High Performance Junior Program will be under the direction of BTC's Tennis Director, David Crouzet. David is one of **41** [High Performance Coaches in Northern California](#) and brings years of experience to BTC's High Performance Junior Program.

To learn more about BTC's Tennis Director and Pros, click on their names below.

- [David Crouzet](#)
- [Noah Newman](#)

High Performance Junior Program: Tentative Schedule

- **6 – 8 yrs. old:**
 - **Clinics** on Monday & Wednesday from 3:30pm - 4:30pm.
 - **Practice Matches** on Fridays from 3:30pm - 4:30pm.

- **8 – 10 yrs. old:**
 - **Clinics** on Tuesday & Thursday from 4:30pm - 6:00pm.
 - **Practice Matches** on Fridays from 4:30pm – 6:00pm.

- **9 – 14 yrs. old:**
 - **Clinics** on Monday & Wednesday from 4:30pm - 6:30pm.
 - **Practice Matches** as often as possible. ***

- **Private Lessons** can be scheduled with BTC Pros (upon availability).

What is the role of a High Performance Junior player's parent?

Parents are a very important part of a High Performance Training program. The USTA provides great information for parents with player's participating in tennis programs. [Click here](#), to read more on USTA's Parent Education.

*** At BTC, parents will be key in coordinating and scheduling opportunities for their Juniors to practice and play matches --- even outside of BTC.

At BTC we feel the most important component of participating in a High Performance Junior Program is **DESIRE** and a **LOVE OF THE GAME** --- parents help inspire this!

We look forward to the start of this program and the advancement of Junior players at BTC!!

If you have any question and if you are interested, please contact BTC Tennis Director, David Crouzet at davcrouz@gmail.com
