

EXTREME TENNIS TRAINING

Instructed by **Jeff Barrett**

Offering a comprehensive, in-depth tennis training program for

High School and High Level Junior players

Details for this exciting program can be found at www.mainebeachtennis.com

Sign up with **Jeff** in person, by calling him at [409-5247](tel:409-5247) or email him at beachtennis@aol.com

Don't MISS OUT – space is limited!

The program will focus on

ball control movement

personal game development

Ball control includes

- + achieving ball control through maximum spin
- + learning how to generate more power
- + learn how to vary the ball speed

Movement includes

- + balance and fitness training
- + training explosive acceleration to increase foot speed

Personal game development includes

- ✦ developing a personal style of play best suited to your personality
- ✦ developing alternative game plans needed for difficult match ups

The program will be held at Foreside Fitness and Tennis

❖ Clinic Monday 3:30 to 5:30 p.m.	\$30
❖ Clinic Thursday 4:00 to 6:00 p.m.	\$30
❖ Clinic Sunday for 1 hour	\$20
❖ Match play for 1 1/2 hours following Sunday clinic	\$25
Total per week	\$105

The details

- Signup is monthly - payment due at the beginning of each month
- You can sign up for as much or as little as your goals require
- NO meetings on school holidays or vacation weeks
- Snow day policy - if the club closes or if Jeff cannot get there, refund or credit towards the next month for the missed time

The Tennis Pro

Jeff Barrett

In over 20 years of teaching the game of tennis, Jeff Barrett has successfully coached and motivated high level juniors to raise their games to new heights. His students have played on Maine State Championship teams from Windham, Greely, Falmouth and Cape Elizabeth.

Jeff was the starting coach for **Alex Steinroeder** who is currently playing at Harvard University
http://www.gocrimson.com/sports/mten/2011-12/bios/steinroeder_alex

Jeff is the starting coach and current advisor for **Meghan Kelley** who is Nationally ranked 23rd in the 14's for 2011



"Jeff gave me an excellent foundation as a tennis player and continues to help me improve my game" - Meghan Kelley