

LONGFELLOW JUNIOR TENNIS PROGRAM

The Longfellow Junior Tennis Program strives to provide every junior with a pathway to achieving success and fun regardless of ability or goals. Our programs are designed to provide the training necessary to reach full potential. This year we have renamed some clinics to make it easier to understand the flow of our program. We are also incorporating into our program Jim Loehr's* system of managing energy to achieve goals using four key energy management principles: physical, emotional, mental, and spiritual; and how they relate to strength, endurance, resiliency, and flexibility in tennis. Applying his concept will enable us to focus on:

1. Balancing energy expenditure with energy renewal.
2. Expanding capacity to perform.
3. Creating specific positive energy management rituals.

We think this focus will improve the quality of our training and will give our juniors an advantage on and off the court in life as well as sport.

*Jim Loehr is one of the leading sports psychologists in the country, a tennis player, and the author of many books including, *The Power of Full Engagement: managing energy, not time, is the key to high performance and personal renewal.*

Longfellow Junior Program Flow Chart

Little Tennis

Jr. Hot Shot (4/5)

Hot Shot (6/7)

USA Tennis (8-14)

Beginner

Adv. Beginner

Low Intermediate

Intermediate

Team Longfellow

Tourn. Tr. Program

Satellite (6-8)

Futures (9-11)

Grand Slam (12+)

High School Tr. Program

Div. III (Middle School)

Div. II (Jr. Varsity)

Div. I (Varsity)