ZEN TEN

WHO: Qualified junior players (ages 9+) whose goals are to become better overall tennis players and athletes in general. All players must complete a one-time 20 minute general assessment with Coach Perry to qualify for the program. Parents are welcomed and encouraged to observe the assessment and can set up a time by emailing Coach Perry at ***jperryallen@gmail.com***.

Players will be divided into two groups, Group A and Group B. Group A will be mainly elite high school players aged 13 and up.

The program is designed by Coach Perry Allen who has a degree in Exercise Physiology and is a former Division I Tennis Player and graduate of College of Charleston.

WHEN: TWO days a week or FOUR days a week (Monday-Thursday) – 4:00-6:30pm

COST: $100 for all four days of the week OR $60 for only two days

HOW: Coach Perry will use a variety of methods to reach each player's individual goals.

- Cardio training
- Strength training
- Interval training
- Yoga / Meditation (30 minutes, twice a week)

GOALS: While each player will set their own goals with the help of Coach Perry, the group as a whole will strive to improve upon a group of general skills, which are beneficial in tennis as well as many other sports.

- Etiquette, body language, and composure
- Flexibility and balance
- Ball control and strategy
- Match play
- Speed

If you are interested in your child participating in Stables Tennis' Elite Junior Program, or if you have questions, please email Coach Perry at *jperryallen@gmail.com*.