



Attention: Tournament Players & Parents

The Club at Harper's Point presents:



ON-COURT aspect

- T3 is our new **tournament players program**, run exclusively by **Lynn Nabors-McNally**.
- T3 **streamlines** the developmental process to meet the **training needs & demands of today's high performance juniors**.
- On-court emphasis will be on **smaller group training**, "Lynn Nabors-McNally style."

FITNESS aspect

- **Agility, speed, strength, & footwork training** will be incorporated into the program by The Club at Harper's Point's Director of Fitness, Willy Ehling.

MENTAL side of the game

- T3 will also focus on **developing the mental aspect** of competitive tennis through regular sessions with a **sports psychologist**.

T3: TOTAL TENNIS TRAINING PROGRAM will run from **August 26th through May 28th, 2020**.

The program will be offered as two groups:

- Monday / Wednesday group, 4 - 6 pm
- Tuesday / Thursday group, 4 - 6 pm

A third or fourth day per week can be added for players wanting supplemental tennis instruction.

Enrollment is by invitation only & space is limited.

The Club at Harper's Point membership is required for participation in the T3 program.

Contact Lynn Nabors-McNally for more information.

Please turn in completed registration forms to Tom Juenger in the office.