

| Training Program                           | Description   | Designed for   | Dates   | Student:Pro Ratio  | Pricing  |
|--|---|--|---|--|--|
| <b>Player Development Program</b>          | Intense daily afternoon training program designed for competitive junior players. Includes daily on-court and conditioning sessions plus multi-dimensional training based on the concepts presented in the <i>Mentally Tough® for Tennis</i> program.   | Junior players   | Year-round (Monday-Friday)<br><br>Also available in a weekly format.  | Group program with student-pro ratio of 4:1  | Please call for pricing  |
| <b>Full-Time High Performance Training</b> | Designed for a select few talented and dedicated players, this highly personalized, intense full-time training program prepares students for competition at the highest levels.   | Professionals, college players, juniors  | Year-round (Monday-Friday).<br><br>Also available in a weekly format. | Individual (1:1) or small group program  | Please call for pricing  |
| <b>Mentally Tough® for Tennis</b>          | Our most comprehensive sport-science program. For 3 days, work with our team of performance coaches, exercise physiologists, tennis coaches, personal trainers and nutritionists. Build mental training skills for life. Includes high performance assessments, and an action plan. Follow up programs available. | Junior and adult players; no minimum level required.<br><br>Individual or groups: teams, partner, parent/child, etc. | Year-round; Sign up for individual or group program                   | up to 8 players in group with student-pro ratio of 4:1<br><br>1:1 coaching for individual programs | Group rates starting at \$1,495 p.p.<br><br>Individual program \$2,995.00<br><br>Additional 2-day session @ \$500 p.p. |

For more information or to register, contact Lorenzo Beltrame,  
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