

Summer Tennis Sizzles!

MVP Tennis Academy

MVP Tennis Academy is dedicated to building the person behind the player by providing the most positive atmosphere for tennis growth in this area. Players will be expected to work hard, maintain focus, and raise intensity levels during competition. MVP will have daily competitive match play to prepare you for middle school, high school and tournament play. Academy will be led by MVP Tennis Professionals, Mark Doren and Matt Gahan



Get Fit. Have Fun!



Friday Tournament Day

This tournament is to help prepare students for USTA tournaments and their upcoming tennis season. This tournament will feature many different formats that occur throughout the season ranging from compass draws to round robins to double elimination tournaments. This tournament will be held every Friday at West Ottawa High School.

Ages: Grades 7-12 or with pro approval
Days: Every Friday, June 17-August 12
Times: 10:00am-1:00pm
Cost: \$30/day or \$20/day if in Academy that week

MVP Junior Tennis Academy

MVP Junior Tennis Academy is dedicated to building the junior player by providing the most positive atmosphere for tennis growth in this area. Our Junior Academy will mimic our MVP Tennis Academy, but with a modified instructional schedule that caters to the younger player.

Dates: June 13-August 11
Ages: Grades 5-6
Days: Monday-Thursday
Time: 10:30am-12:30pm
Cost: \$90/week

Academy Features

Speed and Agility Training: Our professional staff will train each player to increase speed and agility. Each player will also be trained on tennis specific exercises they can incorporate into their individual workout plan.

Daily Competitive Match Play: MVP coaches will be by the player's side, training them on decision making, strategy, and mental toughness during match play.

Additional Help Sessions: This is intended for those who need some extra help with a particular area of their tennis game. MVP staff will be available on Tuesday and Wednesday after the academy.

Tournament Coaching: MVP Tennis staff will attend and provide coaching at the Holland Open for players enrolled in the MVP Academy this summer.

General Information

Lunch: MVP Tennis Academy participants must bring their lunch Monday-Wednesday during their session. On Thursdays, players have the option of pizza and drinks for an additional \$5. This \$5 pizza lunch option will be collected at time of registration.

Inclement Weather: MVP Athletic Club will be the back up site in case of inclement weather. Call MVP Athletic Club at 616-594-7000 to see if we are indoors or outdoors on that day. The MVP tennis staff will have a decision made by 10:00am daily. In case of inclement weather during the Academy,

MVP staff is NOT allowed to transport kids. Travel arrangements will need to be made by the parents for Academy participants.

Refunds: Any cancellations must be made by 10:00am Thursday before the week you are registered and a \$20 fee will be assessed for cancelling. Refunds will not be granted after 10:00am on Thursday.

Registration: Players may register in person at MVP Athletic Club, online at www.mvpsportsclubs.com, or by calling the tennis office at 616-594-7005 or 616-594-7013.

To register please have the following information:

- Session or summer price option
- Name of player
- Phone number and email address
- Payment method

Register Today!

616-594-7055
MVPSportsClubs.com

650 S Waverly Road / Holland MI 49423



Academy Sessions

- Session 1: June 13-June 16
- Session 2: June 20-June 23
- Session 3: June 27-June 30
- Session 4: July 5-July 7 (No class 7/4; Pro-Rated)
- Session 5: July 11-July 14
- Session 6: July 18-July 21
- Session 7: July 25-July 28
- Session 8: August 1-August 4
- Session 9: August 8-August 11*

*Academy will be held indoors at MVP Athletic Club on August 10-August 11.

Ages: Grades 7-12 or with pro approval
Days: Monday-Thursday
Times: 10:30am-3:00pm
Cost: \$185/week or \$1025 for nine-week summer long program (limited spots available)

Daily Schedule

- 10:00-10:30amCheck in at West Ottawa High School
- 10:30am-12:20pm.....On-Court Instructional Drills
- 12:20-12:45pm.....Serve and Return Practice
- 12:45-1:15pm.....Lunch and Free Time (players must stay on campus)
- 1:15-3:00pmSupervised Competitive Match Play