



TENNIS ACADEMY AND PROGRAMS

Wintergreen Tennis Academy

Whether a beginner, an intermediate or an advanced player, guests will find a tennis program specially tailored to their game at Wintergreen Resort.

Wintergreen's adult Tennis Academy (age 14 and older) offers several programs designed to immediately improve match play performance. Features include:

- Extensive drilling, focusing on innovative strategies and tactics
- Instruction by Wintergreen Resort's world-ranked tennis staff
- 4:1 student-to-teacher ratio
- Year-round program (indoors November to April; outdoors May to October)
- Video analysis and sports psychology

In addition, guests may create their own private Tennis Academy to accommodate specific needs, customizing the days and amount of hours they want to play. The Wintergreen tennis staff will accommodate numerous areas of emphasis, from mental toughness, shot selection, and technique to supervised play, video analysis (match play and/or technique), and court positioning.

All academies include free outdoor court time, discounted indoor court time, a 20 percent discount in the tennis pro shop, free racquet use and an academy souvenir. Additionally, a 20 percent discount is available for overnight accommodations when attending a Wintergreen Tennis Academy.

In addition to academies, a wide variety of options, from adult and junior clinics, round robins, and mixers to tournaments, private instruction, children's programs and specialized sports psychology sessions are available.

Adult Tennis Programs

Adult Clinics

Players of all levels may participate in these one-hour stroke and strategy clinics where students are grouped according to ability (age 14 and older).

Private Lessons (\$80/\$70)

Private lessons are available at your convenience.

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Advanced Workout (4.0 players and higher - \$40)

This 90 minute class is for adults and tournament level juniors who want to experience a college style workout. Through a combination of pro fed, "live ball", and competitive drills, your court movement, shot selection, concentration, and fitness will elevate to a higher level.

Drills for Skills (\$25)

One hour of cutting edge drills designed to improve your stroke production and competitive ability - themed after the Stroke of the Day.

Cardio Tennis (\$25)

Looking for an opportunity to improve your aerobic fitness? This is it!!! One hour of heart pumping activity designed for beginner and advanced players. Drills are designed to promote improved stroke production, speed, and agility, while constantly keeping your heart rate at an elevated but comfortable level. Personal heart rate monitors are recommended if you have one.

Matchplay Madness (\$40)

This 90 minute clinic offers 3.0 players and above the opportunity to work on the strategic parts of their game. Wintergreen's tennis staff will coach and/or join you in singles or doubles matchplay. Court positioning, strategy, and the mental side of the game are the focus of this session.

Game Finding Service

With 24 hours notice, Wintergreen's tennis staff will find a match for its guests; if not, guests enjoy a free half-hour on the resort's ball machine.

Ball Machine

Wintergreen's ball machine features a seven-shot sequence, as well as topspin and backspin. Cost: \$20 per hour; \$10 per half-hour; during the winter months rates are: \$40 per hour/ \$20 per ½ hour

Junior Tennis Programs:

Junior Clinic (\$25)

Juniors (ages 7-14) will focus on stroke production, court movement, and fun games in this 1 hour session.

Mighty Mites (\$22)

Children (ages 4-6) will learn the FUNdamentals of tracking, eye hand coordination, and basic tennis skills with a low teacher/student ratio.

Nike Junior Tennis Camps (\$590-\$995)

Each summer Wintergreen Resort offers several weeks of day, extended day and overnight junior tennis camps. Campers will play 6 hours per day and practice everything from technique to strategy to mental toughness. In addition, after hour activities are offered to all participants.

Stoney Creek Junior Tennis Camps

This after school programs for junior tennis players are offered in the spring (March and April) and again in the fall (September -November). The Future Academy is for beginner players and will have the opportunity to develop basic skills. The Tour Academy is for ages 10 and up at the intermediate and advanced level. They will focus on developing an all-around game with emphasis on technical and tactical improvement.

Stoney Creek Junior Golf and Tennis Camp

Offered throughout the summer, the Stoney Creek Junior Golf and Tennis camp is geared to introduce your junior player to golf and tennis, or for the more advanced player, will help refine their game. The 4-day camps include 20 hours of comprehensive golf and tennis instruction by PGA and USPTA professionals. Campers will also learn through games and contests, have time for afternoon practice and pool time to cool off.

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