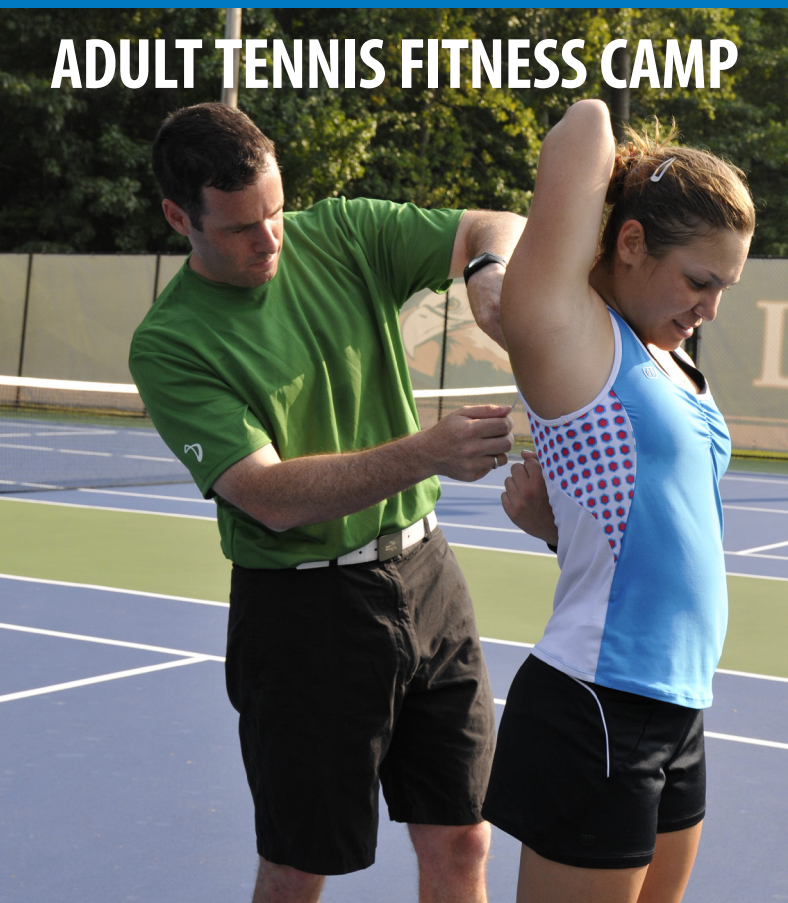


ADULT TENNIS FITNESS CAMP



AUDIENCE:

Competitive adult tennis players who are passionate about upping their game. Must be at least 3.5.



www.kovacsinstitute.com

KI ADULT TENNIS FITNESS CAMP JULY 14 - 16 in GREATER ATLANTA, GA

- Come join this one of a kind player development camp focused on tennis fitness and sport science for the adult competitive player. Spend the weekend training with and learning from the best in the tennis industry. Each player attending the camp will go through a personalized tennis fitness assessment performed by Dr. Kovacs and the team at the Kovacs Institute. You will have plenty of time to work on the exercises, drills and progressions in a structured manner to help with rapid improvement. You will go through the Ki Tennis Fitness Combine program along with other tennis-specific assessments focused on power, strength, speed, tennis endurance, reaction time, cognition, muscle imbalances, foot pressures and other techniques to help the players understand their strengths and weaknesses and the right areas to work on to achieve their own optimum tennis fitness.

Limited Spaces Available to Ensure
Personalized Service

Location for The Camp:

LAUREL PARK TENNIS CENTER
151 Manning Rd SW, Marietta, GA 30064
(about 40 minutes from Atlanta Airport (ATL))

Sign Up Today! Investment: \$949

For JUST the Fitness Camp: \$949 (Includes all education, training, court time, video report, Kovacs Institute swag, two dinners, as well as drinks and snacks during the camp). You will also receive a one year subscription to our unique online educational portal called Kovacs Academy with over one thousand hours of content and consistently updated (a \$249 value).

Note: You can either register for The Tennis Serve Camp by itself or you can also sign up for the Tennis Fitness & Sport Science Camp for a discount (\$1500).

Website

www.kovacsinstitute.com/tennisfitnesscamp.html



Scan Me!

