

Tennis

Edge Tennis Program

Saw Mill Club's exclusive **EDGE Tennis** is a carefully conceived and developed program aimed at the young player who has committed to the game of tennis. There is limited enrollment, and participation is by invitation only.

The program's goal is to develop players who can compete successfully on the high school, sectional, and even national level.

Developed in 2008 by Saw Mill Club's Pros, the **EDGE Tennis** Program uses state-of-the-art methods to hone a young player's conditioning and tennis skills. The first groups of participants have found improvement and success and have stayed with the program and will move confidently into the next levels of competitive tennis, including several who have gone on to compete successfully at the college level.

The program is divided into two distinct divisions.

EDGE Prep

EDGE Prep is a carefully designed program for 10 and unders that provides individual attention for stroke technique, drill group instruction that focuses on correct stroke repetition, and specific exercises to enhance tennis footwork and fitness. Invitations to participate are offered after tryouts.

Each session is calibrated to develop the concentration and confidence to play consistent successful competitive tennis.

The requirements include:

- 1) At least one year of tennis experience;
- 2) Ability to participate in competitive group setting;
- 3) Desire to grow through intensive training.

EDGE Premium Play

Edge Premium Play is the 'upper-school' of the program and is designed for the more advanced, committed, focused tennis players. The focus is geared to advanced stroke technique, shot selection, strength and explosive movement training, and match play that encourages the players to seek the next level of achievement.

Each two-and-a-half hour session is divided to maximize development of all aspects of the game. The first half hour is highly intense conditioning, followed by two hours of very specific drills that develop a player's comfort with all the different strokes needed in a complete, competitive game.

The program, as part of the process of developing the mental toughness needed for successful competitive play, also offers match play in which one player can challenge another in an effort to move up the ladder and onto courts where even more competitive play is found.

For more information about Saw Mill Club's Edge Tennis Programs please see

Zuka Mukhuradze Head of Edge Tennis zuktennis@aol.com

Bob Bull Director of Tennis bbull@sawmillclub.com