



MID-TAC AND USTA Invitational TRAINING AND COMPETITION WORKSHOP

**METROPOLITAN DETROIT AREA
MAY 14th, 2011 1PM – 5PM
FARMINGTON TENNIS CLUB
22777 FARMINGTON RD.
FARMINGTON, MI**

All,

On May 14th, 2011 Mid-TAC, USTA Midwest, and Motor City Tennis Club will host a competitive and training workshop at Farmington Tennis Club in Farmington, Michigan. Juniors from the Metropolitan Detroit area and Toledo, Ohio's Ottawa Park Tennis Club will meet for Four (4) hours of training and competitive play. This event will be a Tier #2 workshop geared toward the tournament player and those who are preparing for tournament play (ages 12 – 17 advanced). By receiving this invitation, your junior has been identified as a player who would greatly benefit from this workshop and associated competitive play. The workshop will cover the following topics:

- Health and Nutrition
- Court strategy, call zonal tennis by some, where to play it safe and where to attack
- The transition game
- The mental game, self confidence and mental toughness
- Top spin as a tactical strategy
- Understanding USTA rankings and the NCAA
- Singles and doubles play
- Injury prevention/Off-court training

The cost of the event will be \$10 per junior which covers a t-shirt, food (pizza), and prizes/awards. Please complete the attached release form and return it to your tennis coach by April 25, 2011. We ask that you not miss this event and this opportunity for your player to attend and benefit from the training and competitive play. A limited number will be taken from metropolitan Detroit so please contact your coach ASAP to confirm your spot.

Sincerely,

**Burrell Shields
President, Motor City Tennis Club
(248) 701-3420**