



Academia Estrella de Tenis – Mosman Park Tennis Club

Introduction

The Tennis Star Academy is based on Spanish training methods and recognizes that the ultimate goal for any player to achieve is a place in the Pro Tour Team. Training is designed for players who have already achieved a high standard and want to improve their technical, tactical, physical and mental level through an intense 25 hour weekly training program such as a US College or joining the Professional Tour.

There are four progressive age groups:

Alentar - to Encourage: 8-10 years

Desafi - to Challenge: 11-12 years

Espirito de lucha - Fighting Spirit: 13-15 years

Deber de Persistencia - Duty of Persistence: 16-19 years

19 and over: Integrate to Pro Tour team.

Progression can be accelerated through the groups however there are exceptions to every rule. The rate of physical development often differs from mental development and can lead to extraordinarily talented teenagers never fulfilling their potential. Estrella's philosophy is "your time will come".

Selection criteria

The Academy caters for advanced player's age 10-19 years and is by invitation only. Players must have a high standard of play and represent the Academy "Estrella" as tournament players in selected events.

The program

Participation in the Academy will provide training opportunities for players that have great tennis ability, recognized potential and a desire to reach a new level of success.

Part of the performance program includes match play events, box matches and a health & fitness gym program. Both systems encourage children to build on their tennis skills and enjoy the game of tennis.

Coach and Mentor – Michael Gill

High Performance coach - Tennis Star Academy – Mosman Park Tennis Club
Experience in Spain and United Kingdom coaching nationally ranked players
UK LTA CCAP (Club Coach Performance Award)
US USPTR (Instructor Level)

Opportunities

- 4 hours training per week (includes 2 hours private sessions and 2 hour squad from 5-7pm)
- High intensity training using Spanish drills
- International coaches
- Play with talented WA players
- Digital Video Analysis
- Prince sponsorships – subject to Australian Ranking Points
- Re-stringing / customizing service (24 hour)
- Link to sports massage and exercise physiologist Katie Stewart for exercise therapy, injury prevention, sports specific strength & conditioning at the Beach Club Gymnasium and Bathhouse.