

## **FSTC ACADEMY**

At FSTC we believe that every junior player has the potential to become a champion both on and off the court. Our Tennis Academy is dedicated to providing young athletes with the skills, guidance, and inspiration they need to reach their highest potential. Here's what makes our program stand out:

### **EXPERT COACHING**

Our team of experienced coaches comprises former professional players and certified instructors who bring a wealth of knowledge and expertise to every training session. They focus on personalized instruction, tailoring training plans to each player's skill level, strengths, and areas for improvement.

### **COMPREHENSIVE CURRICULUM**

Our curriculum is structured to cover all aspects of the game, including technical skills, tactical strategies, physical conditioning, and mental resilience. Through a combination of drills, match play, and fitness exercises, junior players will develop a solid foundation and the tools needed to succeed at any level of competition.

### **EMPHASIS ON SPORTSMANSHIP AND CHARACTER DEVELOPMENT:**

Beyond the technical skills, we prioritize the development of sportsmanship, integrity, and character in our junior players. Through positive reinforcement, teamwork exercises, and leadership opportunities, we aim to cultivate well-rounded individuals who excel both on and off the court.

### **INDIVIDUALIZED DEVELOPMENT PLANS:**

We understand that every player is unique, with their own strengths, weaknesses, and goals. That's why we tailor our training programs to meet the individual needs of each junior player. Whether they're aiming for collegiate scholarships, national titles, or simply seeking to improve their game, we provide personalized guidance and support every step of the way.

### **FOCUS ON FITNESS AND INJURY PREVENTION:**

Physical conditioning is a crucial aspect of tennis success, so we prioritize fitness training and injury prevention in our program. Our dedicated strength and conditioning coaches work closely with players to enhance their speed, agility, strength, and endurance, ensuring they stay healthy and perform at their peak.

**For more information contact our Tennis Director, Pablo at [pablo@fscamps.com](mailto:pablo@fscamps.com)**