**Succeed in tennis. Achieve in life**

Tennis Central@Miami in partnership with Miami State High School are offering a Tennis Excellence Program. Selected students will develop the drive and dedication to use Tennis as a stepping stone towards obtaining great success in life.

Tennis Central will provide a program that places each student at the Centre of a multidisciplinary approach to development. Each student will work collaboratively with high performance coaches, allied health professionals and other key mentors to ensure that all areas of their tennis game and educational pathway is monitored and progressed in a supportive way.

Tennis Central will provide support through an *Athlete mentor*. The role of the *Athlete mentor* will be to act as a liaison between players, coaches, support staff, family and teachers to ensure that each student has a mapped pathway for success.

If students are enrolled at Miami State High School, there is an expectation that will play and represent the school in Tennis throughout the year.

The program is open to Years 7-12 students and will consist of the following elements:

**Professional Tennis Training**
- 20 hours on and off court each week.

**Specialist Fitness and Conditioning**
- Speed and agility, endurance, strength, coordination, spatial awareness, vision flexibility, balance and core.

**Allied Health**
- Tennis Central have a network of Allied Health Consultants who will be available to work with players during their development including: dietician, sports psychologist/counsellor physiotherapist.

**Athlete Tracking**
- Player date will be collected, analyse and tracked throughout the year.

**Tournament Management**
- Coaches will be available to attend tournaments to coach and support players while also gathering statistics for analysis.

**Entry and Selection Process**
- Interested students will be required to undertake an interview and a player’s test.

**Fees and further information**

Please refer to the following link for further information.

[http://www.tenniscentralmiami.com/#tennis-excellence/cds1](http://www.tenniscentralmiami.com/#tennis-excellence/cds1)