

Tournaments

A vital part of a comprehensive program is the ability for the coach to see the player compete in a match and tournament situation. The Team at ZMG Tennis is committed to attending tournaments that the players will be competing in and taking trips to tournaments as a team. Our Team will be there to coach, support and prepare all our players for their tournament competition. We also run tournament trips to USTA national and ITF events



ZMG TENNIS

Where the journey begins...

High Performance Program

Schedule

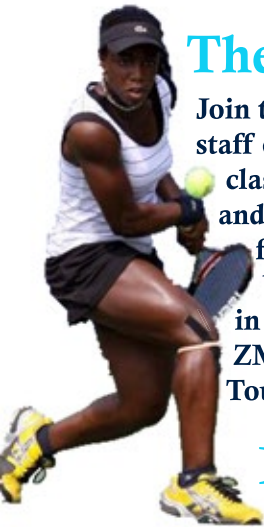
To ensure the comprehensive development of all players, ZMG's programming and schedule is flexible, offering programs both fulltime for the players who may start school late or who are attending school online and the afternoon program for those students in school during the day. All players, whether attending the full day program or the afternoon tournament training team are guaranteed a full professional program that will encompass everything essential in the development of the elite tennis player in a specific individualized program within our Tournament Training Team and the ZMG ProTeam.



Morning/Full day Program

For more information on our full day individualized program and one on one sessions, please call us on 561 829 5350 or email us at info@zmgtennis.com to organize a meeting with the directors to develop your very own tailor made, individualized program. The full day academy program includes one on one sessions during the morning and are crucial in the development of all players in the Tournament Training Team and ZMG Pro Team.





The Journey Starts here with ZMG...

Join the ZMG Team for a tennis experience like no other. Our staff of motivated professionals, are determined to offer a world class program tailor made to suit each players individual needs and develop them to achieve their goals. ZMG offers programs for players at every level of development. We develop beginners through advanced juniors and professional players in our programs. Our Tournament Training Team and ZMG Pro Teams are competeing on the ITF, ATP, and WTA Tours

Movement and Conditioning

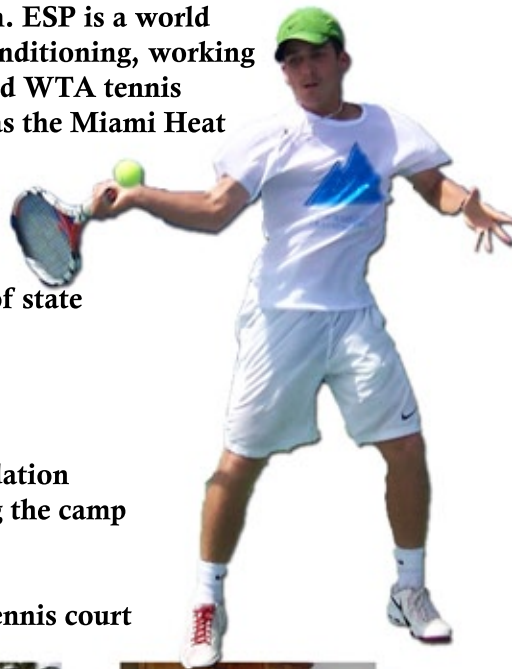
Excel Sports Performance (ESP) will be running our specific movement and conditioning sessions each afternoon. ESP is a world leader in sport specific movement and conditioning, working with many professional athletes, ATP and WTA tennis players and sporting organisations such as the Miami Heat NBA team and many NFL teams.

Boarding Options

ZMG offers boarding options to all out of state and international players.

ZMG's boarding service includes:

- 24hr supervision
- Day and Virtual schooling options
- Comfortable and super sized accommodation
- All transportation, transfers and during the camp
- Meals, drinks (Water, Gatorade, etc)
- Sports medicine as needed
- Activities and supervision away from tennis court



Tournament Training Team and ProTeam

In the ZMG Tournament Training Team program, all players will learn and refine stroke production, technique, strategy and tactics, patterns of play, game etiquette, and tournament style playing methods. Feeding drills, live ball drills, point situations and match play sessions are designed to encompass everything essential in the development of a tennis player. Players will also be exposed to advanced footwork and movement drills and our coaches will implement a customized strength and conditioning program. This program is designed with each player's specific abilities and goals in mind. Mental strength and conditioning will be evaluated and a program to enhance each players needs in the mental side of the game will be developed to ensure that the player is provided a complete program both physically and mentally.

The Tournament Training Team is a "bridge" program that will develop and give the players all the necessary tools to move into the ZMG Professional Team competing on the ATP, WTA and ITF Tours. Every player will also have access to all of ZMG's professional services, from our elite traveling ATP, WTA and ITF teams, to fitness programs and management support. We also offer a full boarding service for our out of state and international players. The journey to collegiate and professional tennis begins here. begins here!



561 829 5350

www.zmgtennis.com

info@zmgtennis.com