

## 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.

## 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.

## Morning/Individual Program

For more information on our full individualized program and one on one sessions, please call us on 954 404 4567 or email us at [info@zmgtennis.com](mailto:info@zmgtennis.com) to organize a meeting with the directors to develop your very own tailor made, individualized program. The individual and one on one sessions are flexible with your schedule and are crucial in the development of all players in the tournament training team, with the Team at ZMG Tennis utilizing all of the same training elements from their ZMG Pro Team program that all our ATP, WTA and ITF players use.

# ZMG TENNIS



# The Journey Starts here with ZMG...

Come and join the ZMG Team at the Club at Boca Pointe for a tennis experience like no other. We offer programs for players at every level of development from beginners through to advanced juniors and professional players in our Tournament Training Team. Each player will be introduced to a fun and positive environment, with a world class staff who are dedicated to maximizing each player's talents. Tournament teams are organized to compete in events on weekends to compliment all the hard work done on the practice courts during the week and ensure a comprehensive program for the tournament players. All players 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.

## Checklist

At ZMG we pride ourselves on providing each player a professional environment for them to train in. A big part of this preparation is making sure that each player is mentally and physically prepared for each session and organized with all the appropriate equipment. To ensure the full development of all players in our elite programming the following checklist has been devised for items that each player in our tournament training team must bring to each session.

- Skipping Rope
- Water bottle
- Towel
- Fitness diary/plan
- Spare shirt
- Running Shoes
- Sunscreen/Hat



## Tournament Training Team

The ZMG Tournament Training Team has been developed to provide advanced junior players with an opportunity to take their games to the next level through world class training and match play. Players will train with the experienced ZMG staff and drill with other motivated tournament players. The daily sessions will combine structured feeding and live ball drills, with intense match play, one on one sessions, video analysis and Tournament Team trips. Players in the Tournament Training Team will learn and refine stroke production, technique, advanced footwork, movement, strategy and tactics, patterns of play, game etiquette, and tournament style playing methods. 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 and enter our College Placement Program. The journey to collegiate and professional tennis begins here!



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