

Power²

Athletic Performance[®]

PowerTennis

Power Tennis is an eight-week preseason training program for boys and girls ages 13-18. This program is specially designed by our nationally Certified Strength and Conditioning Specialists[®] to improve the key athletic principles for the sport of tennis. Power Tennis training sessions include:

Agility and Quickness Training

Get to more balls and play the net like a champion. Our coaches will work with you on developing athletic strength and teach you deceleration, reaction and change of direction skills that will allow you to move with more quickness and agility than you ever thought possible.

Power Training

Improve your serve velocity and ground stroke power with Power Tennis. This program will take even the most advanced players through a power training program unlike any other. It's almost not fair to your competition.

Strength Training

Strength is the foundation of all athletic ability. In tennis, strength means more power, stamina and quickness. Our Certified Strength and Conditioning Specialists[®] will work with you on an athletic strength program designed to meet your needs as a tennis athlete.

Endurance Training

Outlast your opponent. Tennis is a game of high-intensity intervals. You'll work on the energy systems specific to the sport of tennis as prescribed by the United States Tennis Association. Win the long rallies and play with power deeper into matches than ever before.

Injury Reduction Training

Nobody wants to be sidelined with an injury. If an injury does occur, stronger, better conditioned athletes recover faster. The athletic performance team at UW Health Sports Medicine has created a program that addresses common shoulder, elbow and lower body injuries in the sport of tennis and will help keep you on the court all season long.

Other Training Options:

- Individual Training
- Team Power Tennis Training
- 20 week Total Performance Training
- Strength & Power Training

