# High Performance

# Tournament Training

## Designed exclusively for the competitive and High School level players.

**The program consists of intensive drills, correction, footwork, physical conditioning, mental toughness and strategy. Supervised match play.**

**Tuesdays and Thursdays 6:15-7:45 pm**

## Session Dates

**Session 1:** June 23rd – July 16th
**Session 2:** July21th – August 13th

Cost For each session: $240 member, $296 non-member

Per diem rate is $35 members, $40 non-members

New Milford High School students will receive member rate

NAME _____ DATE OF BIRTH _____

ADDRESS _____, STATE _____ ZIP _____

PHONE #_____ EMAIL _____

SESSION _____

CREDIT CARD _____ EXP DATE _____

I HAVE READ AND ACCEPTED TERMS OF THE NMTSC DISCLAIMER

SIGNATURE OF PARENT _____ DATE _____

I grant permission to the New Milford Tennis & Swim Club and its staff, including owners, to take whatever steps deemed necessary to administer or obtain emergency medical care for myself and/or for any child listed above for whom I am the parent or legal guardian. Expenses incurred in obtaining emergency medical care will be borne by me. Photographs will be taken periodically at any given event. My signature represents my permission for New Milford Tennis & Swim Club to use photographs of any or all aforementioned members for marketing and publicity purposes including website posting. I understand such photographs will be taken in good taste and will not exploit any of its members. In the event that any member wishes the picture to be removed from ongoing media, the member may request in writing that such picture be removed and New Milford Tennis & Swim Club will comply as expeditiously as possible. I also understand that unless a specific achievement is being mentioned, no names will accompany pictures. (This paragraph is optional. If you choose not to participate, please strike through the entire paragraph.