

## TAS High Performance Training

**TENNIS ACADEMY OF THE SOUTH**, in residence at the Sandy Springs Tennis Center, is the premiere tennis training program in the South. TAS has produced 15 NCAA All-Americans, 5 NCAA individual national champions, and 2 junior national champions. TAS at SSTC is a full service training academy with the staff and resources to allow committed players to reach the level of excellence they desire: from advanced junior competition to collegiate tennis or the pro circuit.

### TAS MANAGEMENT & STAFF

**Jeff Groslimond, Academy Director**, is a former nationally ranked junior and full scholarship athlete at the University of Arizona. Jeff's competitive playing background at the higher NCAA level and his ability to relate on a personal level with juniors, makes him an invaluable resource for juniors and adults to gain competitive toughness and enjoy the game. USPTA certified.

**Hagen Endler** is a former nationally ranked junior, scholarship athlete at Florida State University and has in-depth coaching experience with nationally ranked juniors. Hagen's character and work ethic will make a strong impact on the juniors in the Academy. Hagen's work with juniors during tournament competition is excellent. USPTA certified.

## TAS High Performance Training



*Work hard, play smart, embrace excellence*

- TAS' mission is to develop aspiring juniors to become the next generation of collegiate and world class tennis players.
- Training is designed for juniors playing USTA state, sectional or national tournaments.
- Commitment level of 3 to 5 drills per week
- Proven methodology for taking intermediate players to national level competition
- Complete training package including on court drills, off court conditioning, mental toughness training, college counseling and parent education



**TENNIS ACADEMY OF THE SOUTH**  
Atlanta's Premier Tennis Training Program!

## TAS ACADEMY

**For juniors  
committed  
to training that  
produces results**



**SANDY SPRINGS TENNIS CENTER**  
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Sandy Springs, GA 30328  
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[www.sandyspringstennis.com](http://www.sandyspringstennis.com)

# TAS High Performance Training

## GENERAL PROGRAMMING

- Year round training
- Students set their own goals with TAS staff to fit their needs and aspirations
- On court drills, 7 sessions offered per week, 2 hours in length
- Tournament coaching at 15 tournaments yearly is available for an extra fee.

## TRAINING GOALS

- Develop each student to their full potential in the game of tennis
- Meet tennis oriented physical, mental and emotional needs in one inclusive program
- Use tennis training to develop important life skills such as time management, goal setting, delayed gratification and handling adversity



## TAS HIGH PERFORMANCE TRAINING

- Juniors Southern through nationally ranked
- Recommended commitment level of 4 to 7 drills per week
- **Homeschool Package**
  - On court drills/supervised set play 5 days per week
  - Strength & Conditioning 3 hours per week
  - Mental toughness & imagery training 3 sessions per week plus built in to every drill
- **After school Package**
  - On court drills 4 days per week
  - Strength & Conditioning 2 hours per week
  - Mental toughness & imagery training built in to every drill
- Complimentary makeups
- Tournament coaching – fee based
- Top pros with 7 plus years of experience training nationally ranked players

## TAS PERFORMANCE TRAINING

- Juniors playing competitive tennis: tournaments, school team, ALTA/USTA
- Minimum commitment of 2 drills/week
- After school drills offered Monday-Thursday
- Make ups provided for inclement weather

## TAS SPECIALIZED TRAINING

- TAS offers individualized in-depth training programs on a fee basis
- One-on-one mental toughness training
- One-on-one strength and conditioning
- College counseling & video – fee based

## TOURNAMENT COACHING

- Day and overnight coaching at 15 tournaments
- Staff provides early morning warm-up
- Students write pre- tournament goals and receive post tournament evaluation

## TAS HAS PRODUCED

- 2 junior National Champions
- 5 NCAA Individual National Champions
- 15 NCAA All Americans
- Over 250 NCAA scholarship athletes



For an evaluation,  
call 404-303-6182 .  
[www.tennisacademyofthesouth.com](http://www.tennisacademyofthesouth.com)