



NATIONAL TOURNAMENT
PREPARATION CAMP
JUNE 24-27, 2019

HOSTED BY THE PINGRY SCHOOL



PINGRY
EXCELLENCE & HONOR

MENTAL

TACTICAL

PHYSICAL

ELITE PERFORMANCE DEMANDS
ELITE PREPARATION

WWW.AMERICANSPORTPSYCHOLOGY.COM

NATIONAL PREP CAMP

PREPARE FOR PEAK PERFORMANCE. THE PRIMARY GOALS OF THIS TRAINING CAMP ARE TO HELP PLAYERS HONE THEIR COMPETITIVE SKILLS AND REACH THEIR PEAK PERFORMANCE ZONES GOING INTO THE NATIONAL TOURNAMENT SEASON.

- 4 HOURS OF ON-COURT TRAINING PER DAY
- COMPETITION-BASED FORMAT, INCLUDING SITUATIONAL SETS, DOUBLES, AND SINGLES POINT-CONSTRUCTION
- DAILY OFF-COURT VIDEO ANALYSIS AND/OR MENTAL TRAINING SESSIONS
- INDIVIDUAL ON AND OFF COURT TRAINING AVAILABLE

ASP ELITE TEAM

DR. BRANDYN FISHER



- PHD IN SPORT PSYCHOLOGY

TRAINED NATIONAL, INTERNATIONAL, AND PROFESSIONAL TENNIS PLAYERS

- MENTAL PERFORMANCE COACH AT PINGRY

RANDY ROWLEY

- ASSOCIATE HEAD COACH, ARMY MEN'S TENNIS

- FORMER ATP/WTA TRAVEL COACH

- EXPERIENCE AT THE ELITE NATIONAL AND INTERNATIONAL LEVELS



FOR MORE INFO AND TO REGISTER, VISIT:

www.bigbluesummer.org/summer-programs/pingry-high-performance-tennis-camp/