



COACHING INFORMATION

Contact - JP or Jennifer
Weber

Academy & Player
Development Programs
Check us out on the web
at:
www.tennisdynamics.net
770-919-8602



151 Manning Rd., Marietta, GA. 30064

JUNIOR DEVELOPMENT EXCEL PLUS

(Selective Small-Group Player Development)

Excel Plus can be a customizable small-group development program for players who will benefit from the greater individual attention and a training environment built around specific needs.

Unlike a traditional large-group drill session, Excel Plus Wednesday Drill session and SMALL GROUPS are created around more **compatible players with more compatible goals**. The coaching staff considers playing level, age, competitive goals, work habits, availability and developmental needs when forming each group.

Players may enter Excel Plus from within the Tennis Dynamics Junior Development program or from outside the program following an evaluation and approval by the coaching staff.

WHO IS EXCEL PLUS FOR?

Excel Plus is appropriate for motivated players who want more concentrated training than can normally be provided in a larger group.

DAYTIME EXCEL PLUS DRILL SESSION

WEDNESDAY

10:00 AM - 1:00 PM

\$550 player/month

DROP-IN

\$175 player

(Coach approval and space availability required.)

POLICIES

Monthly tuition is due by the **3rd of each month**.

Monthly tuition reserves the player's place and is nonrefundable for individual absences.

Drop-ins and custom groups require **coach approval**.

Tennis Dynamics may add coaching staff as participation grows in order to preserve the small-group training environment.

CUSTOM EXCEL PLUS SMALL-GROUP SESSIONS

90 Minutes — \$75 per player/per session

2 Hours — \$100 per player/per session

3 Hours — \$150 per player/per session

Minimum 2 players for custom groups.

Additional groups may be arranged at other times based on player level, compatibility, coach availability and court availability. Private lessons and additional specialized training are priced separately.

A MINIMUM 24 HOUR NOTICE IS REQUIRED FOR CANCELATION. FAILURE TO COMPLY IS GROUNDS FOR EXCLUSION.

Small Groups. Compatible Players. Individual Development.

WHY EXCEL PLUS?

Excel Plus delivers individualized attention through small groups, enabling coaches to pinpoint issues, tailor training, and adjust in real time—focusing on specificity, not just volume.

PLUS ATTENTION: Fewer players mean more detail, correction, and focus per individual.

PLUS ACCOUNTABILITY: Players own preparation, effort, scheduling, and growth.

PLUS CUSTOMIZATION: Workouts adapt to group needs rather than a uniform plan.

PLUS COMPETITIVE COMMITMENT: Regular, meaningful competition is encouraged; schedules vary by age, level, and goals.

PLUS ACCESS: Serious players gain flexible options—daytime and customized sessions outside standard Junior Development.

WHAT WE DEVELOP

TECHNICAL: Groundstrokes, serve and return, movement, transitions, volleys, attack and defense, ball tolerance, and handling varied balls.

TACTICAL: Pattern recognition, point construction, leveraging strengths, exploiting weaknesses, court positioning, decision-making.

PHYSICAL: Movement, speed, agility, balance, endurance, recovery; may include resistance bands, jump ropes, or other gear.

COMPETITIVE: Structured points and matches to address pressure, momentum, adversity, leads, and opportunities.

MENTAL: Goal setting, preparation, discipline, resilience, emotional control, problem solving, ownership.

PLAYER EXPECTATIONS

Excel Plus is for improvement, not just participation. Players must train with purpose, compete with effort, respond to coaching, accept accountability, respect peers, and take ownership. Maintain a balanced schedule—Excel Plus, regular Excel or Junior Development, private lessons, conditioning, independent practice, and tournaments—adjusted by coaches as needed.

COMPETITION MATTERS

Maintain an age-appropriate schedule; for serious players, USTA, UTR, and ITF events are key. Competition tests practice under pressure, fatigue, momentum shifts, and independent decisions; insights return to training.

Excel Plus isn't defined by UTR, age, or court time; it's about the right environment—small groups, compatible players, purposeful training, and individual growth. The goal isn't perfection but steady improvement through deliberate practice, meaningful competition, and attention to detail.