



LifeTime SHOWCASE CAMP

**FOR SERIOUS
PLAYERS!**

Important Details

- Mon 9 - Thu 12 December
- 7:30am - 3:00pm Daily
- Tournament players only *UTR 4+ Girl / 5+ Boy ranking required
- Strictly Limited Numbers
- Book to secure your spot
- Location - Ambiwerra centre

PRICE SHOWN
ONLINE



Australia's Leading Tennis Academy

LifeTime training camps blend small group training with tactical drills to enhance tournament preparation and player progression

**42 Erinvale Street
Corinda QLD 4075**

www.lifetimetennis.com.au

About our Showcase Camps

Whether you're looking to compete at the collegiate level, secure a spot on your GPS or QGSSSA team, or gain insights from coaches with extensive WTA/ATP experience, LifeTime Academy's developmental tennis camps provide the perfect opportunity for aspiring young players. Dive deeper into all the essential information about LifeTime Academy tennis camps, such as reviews from previous campers, details about our girls tennis coaches, and guidance on how to choose the best camp to achieve your goals.

WORLD-CLASS TRAINING ENVIRONMENT

- 4 hours daily on-court training
- Personalised technical analysis using advanced video technology
- Mental performance coaching from sports psychologists
- Strength and conditioning program designed by Ignite trainers
- Recovery and injury prevention protocols
- Match play and tournament preparation

Showcase Daily Schedule

- 7:30 - 8:00am **Warm Up / Briefing**
- 8:00 - 9:00am **Session 1**
- 9:05 - 10:05am **Session 2**
- 10:10 - 11:10am **Session 3**
- 11:10 - 11:30am **Break**
- 11:30 - 12:30pm **Session 4**
- 12:30 - 1:30pm **Lunch**
- 1:30 - 3:00pm **Match Play**

Lunch

Not included

Pro Shop will be open all day



Register Now

www.lifetimetennis.com.au

www.lifetimeproshop.com.au

Please contact via email
admin@lifetimetennis.com.au

