

Crossroads Tennis Academy Presents: AthElite Agility Clinic

This 4-week series is for tennis players looking to improve speed, agility, balance, first step, core strength, and overall athleticism. To be more consistent and to utilize your core body during stroke production, one must get the tennis ball in his or her strike zone more often.

By improving on the skills above, getting the ball in your strike zone will occur more frequently, creating a more consistent and powerful outcome, making the most of every shot!

Professional Tennis (Jason Little) and Strength (Amanda Beard) Coaches will teach the series of clinics to ensure the best results for all players.

Clinics will be held on Saturdays, December 3rd and 10th, January 7th and 14th from 10:30 am until 12:00 pm at Caldwell Park Tennis Courts. Clinics are limited to 16 participants and require pre-registration at the Statesville Recreation & Parks Department Administrative Office at the Statesville Fitness & Activity Center, 1875 Simonton Road.

The cost per participant is \$80 for all four sessions and \$60 for each additional immediate family member.

Please email, call, or text any questions or concerns to Jason Little at cjltennis@bellsouth.net or 704.450.6338.