

## **Mark Allen**

**Director of Tennis**  
**USPTA Certified Professional**  
**National Mixed Doubles Champion**

Before joining the Sportscenter staff, Mark was the head tennis Pro and Membership Director at Charlotte Racquet Club North. Mark is originally from Charlotte and was a state ranked junior player growing up. He graduated from high school and played Division 1 at the University of North Carolina at Charlotte. He is a USPTA certified professional with good standing and currently signed as a member of Team Prince advisory staff professionals. He currently has a NTRP benchmark rating of 5.0 and finished 2010 as the #1 ranked Mens 4.5 doubles player in the state of North Carolina Soft Court Closed Mens 4.5 doubles champion. Mark has been a member of several championship and sectional finalist Mens 4.5 and 5.0 USTA league teams, most recently in 2006 thru 2011. Mark looks forward to serving the Sportscenter members and sharing his many years of tennis experience with them.

## **Rena Goolsby**

**Director of 12 & Under Tennis**  
**Head Tennis Pro at the Sportscenter**  
**USPTA Certified Professional**  
**National Mixed Doubles Champion**

A Concord native, Rena is a graduate of Northwest Cabarrus High School where she played #1, was two times all conference and was granted a tennis scholarship to Pfeiffer College. She is a member of the USPTA and is a certified Quick Start Tennis Instructor. She has taught Quick Start for over the past ten years. She has been a State and Southern Section Champion in Combo and Mixed Doubles. Rena looks forward to bringing a new generation to tennis.

## **Richard Moon**

**Performance Tennis Academy Coach**  
**PTR Certified Instructor**

Grew up with Tennis starting at the age of 10 a Farmington Country Club in Charlottesville, VA. Played on High School Tennis Team at Virginia Episcopal School, Lynchburg, VA. Graduated from and played on Men's College Team at William & Mary, Williamsburg, VA. USTA rated 4.5 and played on numerous USTA Men's Leagues in Lake Norman area over the past 20 years.

## **Brandon Marchant**

**Performance Tennis Academy Coach**  
**PTR Certified Instructor**

Brandon is a graduate of Concord High school, where he played 1 and 2 for the men's varsity tennis team. He was awarded all conference and was conference tournament champion in doubles. After graduation he signed on with Pfeiffer's men's tennis team. Brandon has a unique perspective as he has been both student and coach with Performance Tennis Academy.



## **Principles for practice**

1. Set Goals for the day and goals for each drill. Examples of our daily goals include: hitting with more depth, reducing unforced errors, developing a weapon, hitting high percentage shots, attacking short balls, and finishing points at the net.
2. Have fun while working hard. Working hard instills a sense of accomplishment.
3. Structure drills to compete. The more often our players compete in practice the better they will compete in matches.
4. Keep focus high. Usually we will change drills every 10-15 minutes. This way the players never get bored and can maintain maximum concentration. Competing and goal setting for each drill also focus at a maximum.

## **Quick Start: Completed K – 11 Years**

The Quick Start beginners will learn the basic skills and will participate in various games and drills to implement their skills. They will move to a large court and learn more about footwork and court positioning. To move to this class, the player must be able to rally with the pro 10 consecutive times and serve underhand and overhand in the correct box on the 36' court.

Intermediate level will focus on improving their technique along with more advanced footwork and strategy. This level will do more live ball drills and point situations. Both the beginner and intermediate levels play on 60' court with Orange balls.

## **Ages 12 – 18 Practice**

Structure of Practice Sessions; We structure our practice sessions to go from high volume (hitting a lot of balls), to high intensity (match play). The high volume of balls hit at the beginning of practice allows our players to get grooved so that when they play points at the end of practice, they are at their best.

## **Practice Structure**

- Pre-hitting warm up
- Serve warm up
- Stroke production and/or rallying drills
- Match play

This time can be used to play single sets, double sets or tie-breakers. We sometimes keep score in different ways - have the server start each game down love - thirty so that they learn to battle from behind, or we might limit each player to one serve to work on our second serves.

**2018**

**Training**  
**Camps**



## **2 Hour Camps:**

**9am to 11am & 11am to 1pm (11 to 1 session for Middle/Highschool only) Monday – Thursday**

<b>Session</b>	<b>Daily</b>
Non-Member, \$192	Non-Member, \$45
Member, \$160	Member, \$28

**Weekly**  
Non-Member, \$111  
Member, \$95

## **Half Day Camps:**

**9 am to 1pm Monday – Thursday**

<b>Session</b>	<b>Daily</b>
Non-Member, \$360	Non-Member, \$52
Member, \$299	Member, \$32

**Weekly**  
Non-Member, \$195  
Member, \$165

## **High School Girls Pre-Season Camp:**

**10am to 1pm Monday Jul 23 – Thursday Jul 27**

Non-Member, \$170  
Member, \$140 per week

## **Spring Break Training Camp:**

**9am to 11am Monday 4/2 – Thursday 4/5**

Non-Member, \$170  
Member, \$140 per week

# **Camp Dates**

## **Session I**

**June 18 – June 29**

## **Session II**

**July 9 – July 20**

Fridays are used as rain make-up days

**Cost is per child. A 5% discount is applicable toward sibling(s).**

**Limited to First 36 Students**

Please contact Mark at 704.906.3123 or email us at [mark.allen@sportscenternc.com](mailto:mark.allen@sportscenternc.com) if you have any questions.

The Sportscenter is located at 223 Country Club in Concord, NC. 28025

You may reach us by phone at 704.782.3000 or visit our website at [performanceracquetsports.com](http://performanceracquetsports.com)

Child's Name: \_\_\_\_\_  
Age / Tennis Time: \_\_\_\_\_  
Sibling Age / Tennis Time: \_\_\_\_\_  
Parent / Guardian: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Emergency Contact #: \_\_\_\_\_  
Parents Email: \_\_\_\_\_  
Shirt Size: \_\_\_\_\_  
FOR OFFICE USE ONLY Initials: \_\_\_\_\_  
Sportscenter Member: Yes / No \_\_\_\_\_  
Cash: \_\_\_\_\_  
Check: \_\_\_\_\_  
Credit Card #: \_\_\_\_\_  
POS Charge: \_\_\_\_\_