



MOON VALLEY COUNTRY CLUB

151 West Moon Valley Drive
Phoenix, AZ



LEARN TO USE YOUR BODY & MIND ALONG WITH YOUR STROKES!

SUMMER TENNIS PROGRAMING

TRAIN LIKE A CHAMPION—AT MOON VALLEY COUNTRY CLUB **WITH KRISTIN FULLAM**



All skill levels
WELCOME!

CLINIC SCHEDULE

MONDAY / THURSDAY | 8AM-9:30AM

\$20 per Clinic

AUGUST FOCUS: STROKE PRODUCTION, CONDITIONING & STRATEGY

8/7 & 8/10 Baseline Play - Groundstrokes, Grips, and Spins

8/14 & 8/17 Net Play - Volley & Overhead Lob

8/21 & 8/24 Opening Play - Serve & Return of Serve

8/28 & 8/31 Match/Team Play - Doubles & Singles Strategy

SEPTEMBER FOCUS: GET MENTALLY & PHYSICALLY READY FOR THE UPCOMING SEASON!

9/4 & 9/7 Team Boot Camp - Team Boot Camp

9/11 & 9/14 Team Boot Camp - Team Boot Camp

A Team can sign up for one, two, or 3 days a week.

Team Boot Camps = Successful Start of League Play!

All spots are guaranteed with payment. Must register with Kristin.



“Kristin transformed my body
from average to elite.”

- Nathan Ponwith, National & ITF Champion

Sign-up with Kristin ASAP at 480-294-2008! | kfullam@gmail.com | www.tennistrainlikeachampion.com