



Elite Training for Competitive Players

Led by QC Tennis Director, John Van Lokeren

THE QC OHIO CHAMPIONS TENNIS PROGRAM IS DESIGNED FOR HIGH PERFORMANCE PLAYERS WHO ARE COMMITTED TO COMPETITIVE TENNIS AND MAY ASPIRE TO PLAY AT THE COLLEGIATE LEVEL. THIS PROGRAM OFFERS A CHALLENGING AND FOCUSED TRAINING ENVIRONMENT WHERE ATHLETES CAN REFINE THEIR SKILLS AND ELEVATE THEIR MATCH PLAY.

Program Focus:

- Live ball drills that simulate real match intensity
- Tactical and situational training to improve on-court decision-making
- Development of strategic play patterns and mental toughness
- Court placement based on age and ability to ensure optimal challenge and growth

This program is designed for players who are actively competing in USTA-sanctioned events, and have aspirations to continue on to the collegiate level or beyond. To be eligible for this program, players must demonstrate proficiency in all strokes, utilizing the correct grips. Additionally, they must maintain a high level of intensity and consistency during drills.

Program Schedule:

Fall Session I August 2nd - October 10th

***No Class Labor Day - Monday, Sept. 7th**

Monday - Thursday 4-6pm

Registration Options

- 4-Day Option: \$1,200
 - Include Elite Performance Training | Tues & Thu 6-6:30p
- 3-Day Option: \$1,080

QCRC Program Registration Policy-

\$75. annual enrollment fee for non-member participants

Program enrollment free walk-on (no reservations) for players currently enrolled in the program with other clinic participants or parents.

All Jr. players are required to have a club account with a valid credit card on file in order to participate in a Queen City Program

General Program Information Contact

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Elite Performance Training

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