



# High Performance Program

## Fall 2024

Crestmont Indoor is proud to announce the start of High-Performance training for juniors that are currently playing USTA/UTR tournaments and/or high level high school tennis. The program is led by Co-Owner and Director of Tennis Thomas Battaglia and one of the top high performance coaches in New Jersey, Eric Shmerlis.



Thomas is a USPTA Elite Professional and the former Division 1 Rider University Men's and Women's Head Coach. He has worked with some of the top level juniors in Northern New Jersey for the past 20 years. He is also the current USTA Eastern 14 and under Zonals Coach and a National Coach for 12 and under at Spring Team Nationals.



Eric has over 20 years of teaching experience and is a USPTR Professional. Eric has coached nationally/sectional ranked juniors throughout his career.

The program will focus on a variety of technical and tactical drills, match play, live stroke production, court positioning, mental toughness, and footwork and conditioning. Thomas and Eric will also have off court classroom time to talk in detail about each student's tournament schedule.

In addition to signing up for the clinic Thomas will be available to attend Saturday tournaments for your player at no extra charge (when available). We want to make sure your player is maximizing his/her practice time and there is no better way to do this by attending their tournaments.

**Thomas and Eric have coached players that went on to play at the following colleges and universities:**

Amherst College  
Amherst College  
Bloomsburg University  
Bucknell University  
Connecticut College  
Drew University  
Fairfield University  
Fairleigh Dickinson University-Florham  
Holy Cross University  
Ithaca College  
Lehigh University  
Marist College  
Moravian College  
New Jersey Institute of Technology  
Occidental College  
Ramapo College  
Randolph Macon College  
Roanoke College  
Rochester Institute of Technology  
Rutgers University  
Rutgers University-Newark  
St. Lawrence University  
SUNY Oneonta  
University of Cincinnati  
University of Miami  
University of The Pacific  
Wesleyan University

**In order to guarantee your enrollment for must have a verified UTR of 4.0 or higher.**

**The teacher to student ratio will be 4:1.**

**Clinic Time: (Starts September 26, 2024)  
Thursdays: 4-6pm – 12 weeks - \$900**

**Sign up now at [crestmontindoortennis.com](http://crestmontindoortennis.com)**