

TENNIS & ACADEMIC PROGRAM

WEEKLY SCHEDULE

TIMING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIMING	Saturday
06 :45	TRANSPORTATION FROM RESIDENCE TO JH ACADEMY					HOME WORK RECUPERATION	
7 :00 to 08 :30	TENNIS AT JUSTINE HENIN ACADEMY						
	RALLIS (LENGTH) SERVE + RETURN VOLLEY + SMASH	RALLIS (VARIATIONS) SERVE + RETURN APPROACH + VOLLEY	MENTAL TOUGHNESS RETURN + 1 SERVE +1	FOOT WORK IN SITUATIONS SPEED ON COURT CHOICE ICE	TACTICAL SITUATIONS DRILLS – COACH CHOICE		
09 :00	TRANSPORTATION FROM JH ACADEMY TO ST JOHN'S SCHOOL						
09 :30 to 12 :30	ACADEMIC AT ST JOHN'S INTERNATIONAL SCHOOL						
12 :30	LUNCH						
13 :00 to 15 :45	ACADEMIC AT ST JOHN'S INTERNATIONAL SCHOOL						
16 :00	TRANSPORTATION FROM ST JOHN'S TO JH ACADEMY						
16 :30 to 17 :30	PHYSICAL CONDITIONNING AT JUSTINE HENIN ACADEMY						
	STRENGTH PREVENTION	NO	SPEED PREVENTION	NO	EXPLOSIVITY PREVENTION		
18 :30	DINNER AT JH ACADEMY						
19 :00	TRANSPORTATION TO RESIDENCE						