



# Long Island Foundation For Education & Sports



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2009 LIFFES.org program

HIGH SCHOOL PREP ACADEMY DRILL

Centereach Pool & Tennis Complex - Tue & Thu

www.liffes.org Questions? Call (631) 642-8081 or e-mail register@liffes.org

### Program Description

The Long Island Foundation for Education & Sports is excited to bring the HIGH SCHOOL PREP ACADEMY DRILL to Centereach Pool & Tennis Complex. LIFFES is an organization of community based tennis programs dedicated to introducing all children to lifetime sport...tennis! Our goal is provide all children with an intense drill & play program. All staff are trained by the USTA. The High School PREP ACADEMY summer program features 2 hours of non-stop action including advanced stroke production, fast paced drills, competitive games, tactical training for match play and more. This program is intended specifically for high school junior varsity and varsity tennis players who want to improve their skills (ages 12-18). A competitive tennis ladder will be organized for match play each week.

### Requirements

- Sneakers, water bottle & a smile!
- Tennis racquet. You can purchase a racquet for \$25 (racquet will be given to you on 1st day of class)
- **Fee: \$135 per student, per session**

### Location Details

Location: Centereach Pool & Tennis Complex  
Hammond Road, Centereach

Days: Tuesdays & Thursdays

Time: 5pm - 7pm

Dates: Session 1:: July 7, 9, 14, 16, 21, 23  
Session 2:: July 28, 30 August 4, 6, 11, 13

### Rain Announcements

Please call LIFFES at 631-642-8081 after 2:00pm for a recorded message regarding possible program cancellations due to bad weather.



### Online Registration & Payment

Please register online at "www.liffes.org" and you will be able to make payment through our web site. We accept all major credit cards. If you cannot pay by credit card, please call Renee at 631-642-8081 or email us at "register@liffes.org". Enrollment is limited, no refunds.

