
SJONES TENNIS
East Potomac Tennis Center

SouthWest Waterfront - The Wharf
[Click Here for Things to Do on The Wharf](#)

Associate Head Coach Varsity Tennis
Boys & Girls
SIDWELL FRIENDS SCHOOL
Professional Tennis Registry Since 1999
Private, Semi-Private or Group Lessons
310-714-7166
sjonestennis007@gmail.com



EAST POTOMAC TENNIS

1090 Ohio Drive, SW
Washington, DC
202-554-5962

SUMMER 2022

June 20 - Aug 26

High Performance Tennis

BABOLAT



with Coach Jones

Three Surfaces

Outdoor Hard

Outdoor Clay

Indoor Hard

**High Performance Camp Participants
Must Be
Advanced Level Players**

10 Weeks - 2 Sessions Daily

9am - 12Noon

&

1pm til 4pm

Spots are limited. Thanks.

**Send an email to
sjonestennis007@gmail.com with
SUMMER CAMP in the title. Or
contact me at **310-714-7166**. I will
respond promptly. Thanks.**

High Performance Tennis at EP has completed 18 weeks of training on Sundays from **10am - 12noon** and Wednesdays **6pm til 8pm**. The "culture" of the program is based on two things. **100% EFFORT** and **100% POSITIVE ATTITUDE**.

I will continue the program this summer. Summer training is **absolutely crucial** for players that want significant improvement on court.

SIDWELL BOYS TENNIS
2022 MAC Champs

15-1

No.10 Ranked Team in the U.S.



SIDWELL GIRLS TENNIS
2021 ISL Champs

14-0

No.5 Ranked Team in the U.S.



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TOURNAMENT PACKAGES

Summer in SW DC

THINGS TO DO ON THE
WHARF

[Click Here](#)

EAST POTOMAC GOLF

[Click Here](#)

ARENA STAGE

ALL will be encouraged to play as many tournaments as possible.

BLUEPRINT of Daily HPT Training

9am til 9:30am

- Run, stretch and dynamics.
- Short court warm-up.
- Full court warm-up.

9:30am til 9:40am | Snack & Water

9:40am til 10:30am

- Shot of the Day - Dead Ball Drills
- Sprints
- Serve practice | Return practice

10:30am - 10:45am | Snack & Water

10:45am - 11:45am

- Match Play Singles & Doubles

11:45am - 12noon | Recap of the day and discussion on being better tomorrow.

Every **Wednesday**, kids will run the 3.6 mile loop at Haines Point. If the weather is 90 or above or bad air-quality, they will not.

Every Friday, we will have a **Tournament**. Kids will play a 6 game set, win by 2, No Ad with a tie-breaker to 7 at 6 all. This is the middle & high school tryout format.

These 10 weeks are guaranteed to make each player a better competitor on court and a stronger athlete ready to compete at their highest level.

COST

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**THE NATIONAL MALL
WASHINGTON DC**

[Click Here](#)

NATS BASEBALL

[Click Here](#)

CHARTER A PRIVATE YACHT

City Cruises

[Click Here](#)

PADDLE BOATING

Jefferson Memorial

[Click Here](#)

CRABS & MORE

WHARF FISH MARKET

[Click Here](#)

**CHAMPIONS
TRAIN
LOSERS
COMPLAIN**

BELIEVE-TOACHIEVE.TUMBLR

WEEK ONE | June 20 - June 24

- **Half Day** - 9am til 12Noon - \$105
- **Half Day** - 1pm til 4pm - \$105
- **Full Day** - 9am til 4pm - \$210
- **One Week** - Half Day - \$525
- **One Week** - Full Day - \$1050

WEEK TWO | June 27 - July 1

- **Half Day** - 9am til 12Noon - \$105
- **Half Day** - 1pm til 4pm - \$105
- **Full Day** - 9am til 4pm - \$210
- **One Week** - Half Day - \$525
- **One Week** - Full Day - \$1050

WEEK THREE | July 5 - July 8

- **Half Day** - 9am til 12Noon - \$105
- **Half Day** - 1pm til 4pm - \$105
- **Full Day** - 9am til 4pm - \$210
- **One Week** - Half Day - \$525
- **One Week** - Full Day - \$1050

WEEK FOUR | July 11 - July 15

- **Half Day** - 9am til 12Noon - \$105
- **Half Day** - 1pm til 4pm - \$105
- **Full Day** - 9am til 4pm - \$210
- **One Week** - Half Day - \$490
- **One Week** - Full Day - \$840

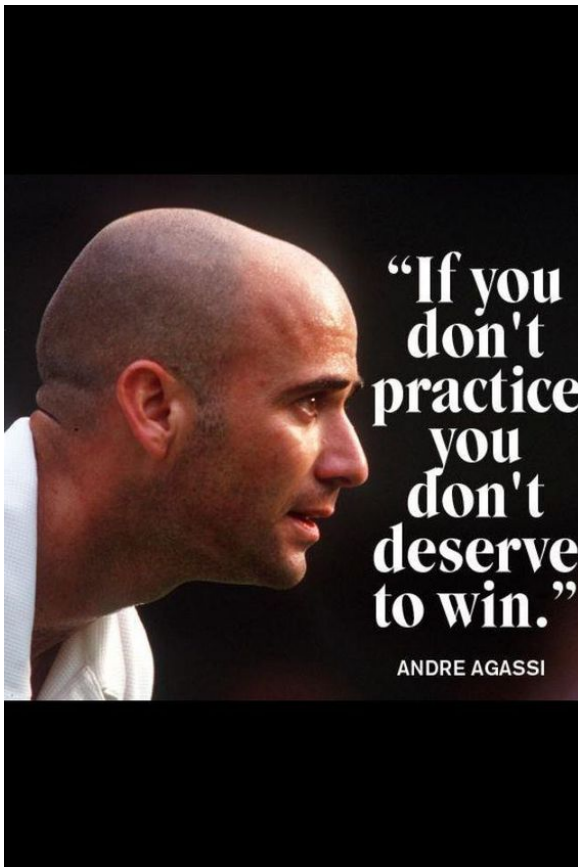
WEEK FIVE | July 18 - July 22

- **Half Day** - 9am til 12Noon - \$105
- **Half Day** - 1pm til 4pm - \$105
- **Full Day** - 9am til 4pm - \$210
- **One Week** - Half Day - \$525
- **One Week** - Full Day - \$1050

WEEK SIX | July 25 - June 29

- **Half Day** - 9am til 12Noon - \$105
- **Half Day** - 1pm til 4pm - \$105
- **Full Day** - 9am til 4pm - \$210
- **One Week** - Half Day - \$525
- **One Week** - Full Day - \$1050

WEEK SEVEN | Aug 1 - Aug 5



Half Day - 9am til 12Noon - \$105

Half Day - 1pm til 4pm - \$105

Full Day - 9am til 4pm - \$210

One Week - Half Day - \$525

One Week - Full Day - \$1050

WEEK EIGHT | Aug 8 - Aug 12

Half Day - 9am til 12Noon - \$105

Half Day - 1pm til 4pm - \$105

Full Day - 9am til 4pm - \$210

One Week - Half Day - \$525

One Week - Full Day - \$1050

WEEK NINE | Aug 15 - Aug 19

Half Day - 9am til 12Noon - \$105

Half Day - 1pm til 4pm - \$105

Full Day - 9am til 4pm - \$210

One Week - Half Day - \$525

One Week - Full Day - \$1050

WEEK TEN | Aug 22 - Aug 26

Half Day - 1pm til 4pm - \$105

Full Day - 9am til 4pm - \$210

One Week - Half Day - \$525

One Week - Full Day - \$1050

ALL TEN WEEKS SAVE 10%

10 Weeks - Half Day - \$5,250 | Pay \$4,725

10 Weeks - Full Day - \$10,500 | Pay \$9,450

Pay in 3 Installments

10 Weeks - Half Day - \$5,250 | Pay \$4,725

Three payments of \$1,575.

10 Weeks - Full Day - \$10,500 | Pay \$9,450

Three payments of \$3,150

100% EFFORT AND 100% POSITIVE ATTITUDE. That is the mantra for High Performance Tennis.