

COLLEGE PREP BY THE NUMBERS

1st USTA Regional Training Center

9th *Sports Illustrated* ranking of Bolles' Athletic program out of 38,000 high schools in the United States

79 Brian Gottfried's career ATP singles and doubles titles

119 JTCC graduates to-date who have played competitive collegiate or professional tennis

99% The Bolles School graduation rate, preparing students for the nation's best colleges and universities

1.5 Million dollars in athletic scholarships awarded to JTCC's Class of 2014

THE BOLLES SCHOOL ALUMNI

Chipper Jones- former MLB Atlanta Braves player
Trina Jackson – Olympic gold medal swimmer
David Larson – Olympic gold medal swimmer
Travis Tygart – CEO-U.S. Anti-Doping Agency
Amelia Lewis – LPGA Professional Golfer
Jon Kanak – Film and Television producer
George Scribner – Disney Director, Imagineer
Jason Spitz – NFL player, Jacksonville Jaguars
David Treadwell – former NFL Football player

JTCC ALUMNI

Denis Kudla - #67 ATP Singles, reached 4th round of Wimbledon in 2015, #3 in World Juniors
Frances Tiafoe-#251 ATP Singles at 17 years old, #2 in World Juniors at 16 years old
Mitchell Frank - #2 in Collegiate Tennis, two-time winner of ITA All-American Championship
Trice Capra- NCAA Singles Quarterfinalist, top 10 collegiate player

JTCC CURRENT CHAMPIONS

Usue Arconada- #5 in World Juniors
Saud Alhogbani- #1 in Boys 12's in USA, National Champion Clay and Hard Courts
Benjamin Kittay- National Champion in Boys 12's
William Woodall- #3 in Boys 14's in USA
Brian Cernoch - National Champion in Boys 14's
Hailey Baptiste- 2nd at National Clay Court Girls 14's
Kyrylo Tsygura- 3rd at National Clay Court Boys 16's

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JUNIOR TENNIS CHAMPIONS CENTER

at

THE BOLLES SCHOOL



Brian Gottfried

Private college preparatory day and boarding school with an international reputation for excellence in partnership with the top junior training center in the USA



BOLLES TENNIS

Brian Gottfried, the JTCC, and The Bolles School have partnered to form **Bolles Tennis**. Located in Jacksonville, Florida, **Bolles Tennis** is a premier tennis program for all levels of players who possess the passion and commitment to excel on and off the court. This partnership provides the opportunity for students to engage in high performance tennis training and receive a strong preparatory education from The Bolles School. **Bolles Tennis** trains motivated young people to maximize their potential as individuals and become strong, capable student-athletes for life.

THE BOLLES SCHOOL

The **College Prep Program** equips young players with the necessary tools to play competitive tennis and earn tennis scholarships to the nation's best colleges and universities.

The Bolles School is an independent college preparatory day and boarding school, long regarded as one of the top educational institutions in the country. The Bolles School offers courses in five languages and 22 Advanced Placement Courses. Bolles' teachers are highly educated in their fields – 11 hold doctoral degrees and 90 hold master's degrees. Technology also supports academics in important ways, including a "bring your own device" program, robotics instruction, and video technology upgrades.

Students, faculty and staff at The Bolles School take an *All Things Possible* approach. With a world-class faculty and resources, Bolles students sharpen their strengths and excel. Bolles students understand that pursuing excellence through courage, integrity and compassion is not only the school motto, but the foundation for a successful life.



BRIAN GOTTFRIED

Brian Gottfried is world renowned for his success as a professional tennis player, achieving a career-high world singles ranking of #3 and winning 25 singles and 54 doubles titles, including doubles championships at Wimbledon, and the French Open. After his playing career, Gottfried made a successful transition into the world of high level tennis coaching, working with top collegiate and professional players including Jimmy Arias, Michael Chang, Aaron Krickstein, Mal Washington and Jay Berger. Gottfried was inducted into the Florida Tennis Association's Hall of Fame and the Florida Sports Hall of Fame in 2013. Gottfried continues to follow his passion for the game as Director of **Bolles Tennis** and the **College Prep Program**.

JUNIOR TENNIS CHAMPIONS CENTER

The College Prep Program includes high performance training at the Junior Tennis Champions Center in College Park, MD. JTCC is a certified USTA Regional Training Center and one of the leading programs in the United States.



JTCC was named the 2013 USTA Facility of the Year

JTCC uses tennis as a vehicle to develop champions with the highest standards of fair play on and off the court, providing a pathway from their introduction to the game to top-tier collegiate and professional competition. In the past four years, 43 JTCC graduates earned five million dollars in tennis scholarships to top Division I schools, four graduates played for an Ivy League University, and six graduates played for top Division III colleges.

COLLEGE PREP PROGRAM

Training is tailored to the individual needs of each student. Gottfried and JTCC offer a wealth of experience in cultivating top ranked junior and professional players to create customized development plans for each College Prep student. Depending on the training period, tennis practices consist of different proportions of dead-ball drilling, live-ball hitting, situational point play, and match play.



The tennis curriculum is dictated by a schedule of Periodization Training:

- **Fundamentals Training** (high intensity and high repetition)
- **Tournament Preparation Training** (competition tactics and strategy)
- **Tournament Peak Training** (competitive point play and match play scenarios)
- **Active Rest Training** (recovery after periods of intense tournament play)

Fitness and conditioning are tailored to the specific physical needs of each student. Training is directed by Gottfried and Assistant Director of Tennis, Danielle Wiggins, a certified Sports Performance Trainer. Activities include on court speed and agility drills, off court running, moderate weight lifting, yoga, pilates, swimming, biking, and other exercises. At JTCC, students will have the opportunity to work with a team of high level fitness coaches, focusing on tennis specific movements. Students will also have the opportunity to work with world-renowned fitness trainer and Senior Advisor to JTCC, Pat Etcheberry, who has trained countless tennis professionals, including Pete Sampras, Andre Agassi, Monica Seles, and Justine Henin.