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Frog Hollow Leaps Forward
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Frog Hollow Racquet Club located in Worcester, Pa., has seen tremendous growth in its travel team program, which has recently welcomed eight new sectionally ranked players. The travel team is a high-performance level clinic geared to sectionally and nationally ranked players.

New junior player development director Chris Herdelin and head tennis professional Kevin Schmidt have changed the philosophy and the structure of the travel team program: players should *play* to get better and all drills should have a play component.

Herdelin and Schmidt have incorporated a dynamic warmup, strength and agility training, live-ball drilling, competitive point play, patterns of play and match play. All of the program's clinics are based on the five game situations: serving, returning, baseline play, approaching and passing. The program also includes a once-a-session fitness test, where coaches assess the player's ability to complete a 20-yard dash, a hexagon test, and vertical leap, among other tests.

In addition, each player is given a progress report, which is part of a developmental plan to further help each player asses their style of play, strengths, weaknesses and goals to be set for next session. Frog Hollow juniors have been very successful competing in tournaments. Cristina Grimaldi, Kathleen Larkin, Hunter Callahan and Jami Fein have recently won tournaments in their respective age divisions. And Cristina and Jami have both finished atop the PATD junior rankings for the 14s and 18s divisions.

The travel team competes against other clubs throughout the East Coast. The team has traveled to Boston and New York, and a trip to North Carolina is scheduled for June. To find out more about the travel team programs or any junior program at Frog Hollow, please contact [Chris Herdelin](#) or Kevin Schmidt at 610-584-5502.

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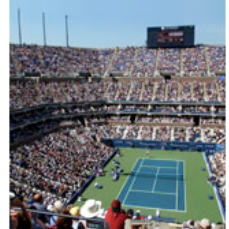


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