



MOURATOGLOU
TENNIS CENTER
BOSTON



THE THOREAU CLUB

WHERE HEALTH MEETS HAPPINESS

PREMIER MULTI-SPORT HEALTH CLUB IN CONCORD, MA.

Since 1951, The Thoreau Club has been the trusted hub for health, fitness, and wellness. Nestled on a picturesque 30-acre campus, we offer a distinctive environment that blends expert-led programs, diverse health, sports and wellness facilities, and a strong sense of community. As an exclusive New England partner of the prestigious Mouratoglou Tennis Center, The Thoreau Club is now the 16th Mouratoglou partner location globally, the 6th in the United States, and the very first in the Northeast.

At The Thoreau Club, you'll find a full range of activities, including:

- Indoor & Outdoor Swimming Complexes
- Tennis Programming (Adult, Junior Development, High-Performance Thoreau Club Tennis Academy)
- Tennis Facilities - 11 total courts: 7 hard courts, outdoor (summer), 7 indoor (winter), and 4 outdoor Nova Grass®, ensuring year-round training.
- Group Fitness Classes
- State-of-the-Art Fitness Facilities
- REC DECK for socializing and game play
- Personal Training & Sports Performance Training
- Spa & Wellness Treatments
- Children's Programs
- Summer Camp



Our family friendly, resort-like setting is perfect for members of all ages offering our community the best in tennis, swim, fitness and recreation.

The
Thoreau Club



OUR COACHING METHODOLOGY

For the past 20 years, my vision has been the same. People want two things when they visit a Mouratoglou site: enjoy themselves and improve their game.

At Mouratoglou Tennis Academy, we provide and embrace the potential of each person, no matter their goal, ambition or level. At the end of the day, it always comes down to helping the player improve while also having the best experience with the best coaches.

All Mouratoglou Tennis Center Boston coaches have been trained and certified with the Mouratoglou Coaching Methodology & Philosophy. They have a mix of expertise in coaching children and adults, from beginners to advanced players, and speak multiple languages.

PATRICK MOURATOGLOU



JUNIOR TENNIS

M MOURATOGLOU
TENNIS CENTER
BOSTON





CORE OF OUR PROGRAM

1. Vision & Philosophy

Every child should have fun, grow technically, and develop positive values. The program is progressive, offering both recreational and high-performance tracks. Families, coaches, and players work together in a stimulating, inclusive environment.

2. Core Pillars

Skill Development

Build a strong foundation: Technique, tactics, agility, coordination, and overall game understanding.

Personalized approach: Every player follows a pathway based on their skills and goals.

Parent Education

Workshops and resources to engage parents in their child's tennis journey. Regular communication between staff and families.

Sportsmanship & Character Core values

Discipline, respect, fair play, perseverance, teamwork, and self-confidence.

Passion for the Sport

Encourage players to grow their love for tennis as a lifelong journey. Create a positive and fun experience at all levels. A Stimulating Environment Develop mental toughness, decision-making, physical conditioning and competitive spirit.

A Stimulating Environment

Develop mental toughness, decision-making, physical conditioning, and competitive spirit.

Social Interaction

Foster a supportive community where players build friendships, share experiences, and grow together.

3. Development Pathway (Color Ball Progression)

Red Ball (ages 4-7) | kid-sized racquets, smaller courts, soft red balls.

Goals: Fun, hand-eye coordination, balance, agility.

Orange Ball (ages 7-9) | $\frac{3}{4}$ court, regular net, firmer orange balls.

Goals: Consistency, directional control, extended rallies.

Green Ball (ages 9-11) | full court with green balls.

Goals: Tactical awareness (angles, spin, depth), physical readiness for full-court coverage.

Yellow Ball (ages 11-18) | standard ball, full court.

Goals: Preparation for competitive high school and national-level play.



Pathway splits into:

Recreational Track: Social and school-level tennis.

High-Performance Track: Tournament and competitive pathway.

4. High Performance Academy (for selected players)

Blend of Clinics, Match Play & Private Lessons.

Mental Training: mindset, attitude, effort.

Technical & Tactical Training: footwork, weapon development, match-play scenario.

Goal Setting: short, mid, and long-term planning, tournament scheduling. Fitness & Conditioning: agility, speed, strength, explosive power, flexibility, injury prevention.

Video Analysis & Tournament Observation.

Collaboration with other academies nationally and internationally.

5. Competitive Opportunities

Club Tournaments (internal and local events).

USTA Junior Tournaments.

Universal Tennis Rating (UTR) events and match play.

Elite pathway leading up to ITF/WTA competition.

6. Seasonal & Special Programs

Tennis University: pathway for beginners and intermediates of all ages.

Flextime® Tennis: flexible training option with unlimited clinics.

Summer Camps & Summer Academy Training: intensive summer programs for all ages and levels.

7. Training Structure

Frequency increases progressively
(from 2 up to sessions weekly depending on age and level).

Balanced training model:

Technical & Tactical Development

Fitness & Injury Prevention

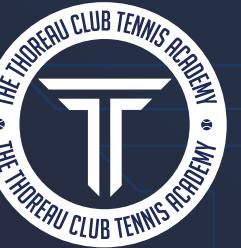
Mental Training

Match Play

ADULT TENNIS



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COMPLIMENTARY TENNIS PLAYER PROFILE

When you become a member, you will be given an option to meet with one of our teaching pros for a complimentary Player Profile assessment, which gives us an opportunity to evaluate your game, pick up on your individual strengths and areas of improvement and have a conversation about your tennis goals and aspirations. It's a great opportunity to figure out a game plan to help you achieve maximum improvement.

CARDIO TENNIS

Cardio Tennis is a high-energy tennis workout, featuring fast-paced drills and games choreographed to heart-pumping music. This fun and social class is for players of all ability levels to develop unique adaptive skills not easily gained through traditional play.

TENNIS UNIVERSITY

Unlimited tennis with no hourly court fees, and complimentary instructional clinics!

Flextime® is a premium program offered to Thoreau Club tennis players. Experience convenience with our unique matchmaking service, ensuring playing partners at your skill level and preferred time. Enjoy complimentary Tennis University Clinics with professional instruction and no extra court fees. All this for one inclusive monthly fee.

STARTERS

Join us in our Starters clinic to gain basic tennis skills to get you on the right track to playing at a high level! Beginner level players will receive an introduction to the foundational skills and then work on adding some tricks to their set of tools.

ROUND ROBIN

Round Robin is a mix and match where players will be playing doubles with other members at their level.



FLEXTIME®

Enjoy unlimited tennis and complimentary instructional clinics with no hourly court fees... all for a flat monthly fee.

In Flextime® Tennis, exclusively at Thoreau, we do everything to help you always have a playing partner at your skill level.

Whether you're new to tennis, returning to tennis after some time away from the game, or between an experienced player, you'll love Flextime® tennis at Thoreau.

As a Flextime® member, we'll teach you to play, or help you to reclaim and advance your game!

In Flextime® you'll enjoy:

Unlimited Tennis University clinics

Matches arranged at your skills level and based on your availability.

No additional court fees for matches arranged by our matchmakers.



OUR PROGRAM



DRILL & MATCH

Format: Fast-paced tennis drills combined with coached doubles match play.

Structure: Weekly 1.5-hour classes running across Fall, Winter, and Spring sessions.

Grouping: Players are placed in dedicated foursomes of comparable ability to ensure balanced play and consistent scheduling.

Coaching: Personalized technical and tactical feedback provided throughout the season.

Progression: Continuous development and team cohesiveness as the group trains together each week.

Flexibility: Option to form your own group or be matched by staff.

ELITE ADULT - TRAINING CLINICS

Target Players: Designed for intermediate to advanced adult players seeking high-performance training.

Format: Small-group clinics offering intensive instruction and high-energy workouts.

Curriculum: Focus on key skills tournament players must master, aligned with training themes from the Thoreau Club Tennis Academy.

Flexibility: Book individual clinics 6 to 48 hours in advance and train when your schedule allows.

Specialized Clinics:

Grand Slam – Live ball and point play (singles & doubles)

Groundstrokes – Technique, movement, and consistency

Serve & Return – Master your first strike

Groove Your Strokes – Repetition-based skill development

TEAMS & LEAGUES

Format: Train as a team while competing as an individual player. Balance skill improvement with friendly, structured competition.

Structure: All leagues and teams include coached practices, with matches hosted at The Thoreau Club and other area clubs.

Options:

Dorothy Bruno Hills (DBH) – Women's interclub doubles league for the Greater Boston Area Practices begin in September

Matches start in October

Division levels: DBH 1, 2, 3, and 4

Tryouts may be required

Spring League – Women's outdoor league

Suburban League – Men's evening outdoor league

CMITA – Central Mass Indoor Tennis Association

USTA Leagues – Regional and national competitive pathway

FLEXTIME®

Unlimited play. Unlimited progress.

Flextime® is the most comprehensive tennis membership for adults at The Thoreau Club.

Enjoy unlimited matches, no court fees, complimentary Tennis University clinics, and custom matchmaking based on your skill level and schedule.

Unlimited court access for Flextime® & Open Court matches

Weekly clinics with certified pros

Partner matching service tailored to your availability

Access to **NovaGrass** and **Plexicushion** courts

JUNIOR TENNIS CAMP

Play and improve all summer!

The Tennis Camp program at The Thoreau Club is great for kids (ages 6-15) of all tennis abilities!

Our dedicated staff of highly qualified tennis professionals work to ensure the proper mix of fun and challenge for all campers.

They'll learn to play, improve fundamentals, and become confident & proficient players all while enjoying the outdoors with their peers.

Level specific coaching from USPTA, PTR, and internationally certified tennis professionals.

Consistent, engaging & effective tennis drills designed to improve skills and athletic performance.

Small ratios ensure high quality tennis instruction for beginners.

Balance of fun and challenge.

Weekly signup is available.



ACADEMY SUMMER

The Thoreau Club Tennis Academy Summer training is designed to immerse the Junior Tournament player into the sport on a daily basis.

We strive to provide the kids the feel of a full time training program. They would experience as a homeschooled student-athlete, high-level collegiate player, or beyond.

Each day players will be challenged in every aspect of the game; technically, tactically, physically, and mentally in order to hone their skills or to develop new tools.

Players can expect mix of intense drills, focused controlled hitting, and match play while on court.

Off court they will experience group mental toughness training, to include how they conduct themselves on and off the court to give them the best chances of success in all they do.

Customizable scheduling is available.



OUR COACHING PHILOSOPHY

Over the years, we have built a strong team of international coaches with outstanding experience as players and leaders — including careers on the ATP Tour, Davis Cup, and ITF circuits, as well as roles as captains of elite teams and coaches of prestigious colleges.

We bring together a balanced mix of expertise on and off the court, ensuring that every player benefits from both technical excellence and holistic guidance.

Our daily goal is simple: to give personalized attention to the individual in front of us, with a relentless focus on details that make the difference.

To maintain the highest standards, all our coaches train weekly as a team, ensuring consistent quality and a unified methodology across every program.



TOURNAMENT OBSERVATION

Our professional coaching staff regularly travels to tournaments across New England and throughout the country, ensuring each player receives accurate, real-time feedback and tailored training based on their performance. This hands-on approach allows our players to grow in confidence, adapt to different competitive environments, and maximize their potential on court — while ensuring presence at the most important tournaments.



We employ state-of-the-art video analysis tools to further develop players' strokes and mechanics.



FITNESS



Each player participates in a fitness program in which they train in our new state of the art fitness center for agility, speed, and injury prevention.

The program includes instruction in movement training, injury reduction and rehabilitation, linear and lateral speed techniques, foot speed and agility, explosive power development, proper functional strength training and energy system conditioning.

1. SPEED

Acceleration, Deceleration, Linear and Lateral Movement Techniques, Running Mechanics, Footwork.

2. EXPLOSIVE POWER

Plyometrics, Med Ball Training, Jumping & Landing Techniques.

3. STRENGTH

Functional Approach, Thorough Instruction, Focus on Upper Body, Lower Body & Core.

4. CONDITIONING

Game Ready Preparation for all Athletes.

5. FLEXIBILITY

Myofascial Release (Foam Rolling), Various Forms of Stretching, Muscle Activation.

6. INJURY REDUCTION

Identify & Correct Muscular Imbalances, Balance & Stabilization.

MENTAL TOUGHNESS

Work on the areas under our control on a court

Winning mentality

Positive attitude

Resilience



TECHNIQUE/PLAY

Technique: Preparation, Efficiency, Developing a Weapon, Footwork

Drills: Working on technical, patterns of play and footwork patterns

Point Play: Singles and Doubles, Specific Match Scenarios, Linking Shots

GOAL SETTING

Each individual player gets help and guidance around goal setting: short, midrange, and long-term goals for their game, tournament scheduling.



PHYSICAL THERAPY

Players will have access to physical therapy services on site.

OFF-COURT



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