

# The Advantage Academy

One-Day Academy At Boar's Head Resort



## Advantage You!

If time is of the essence and an overnight stay isn't ideal, check out The Advantage Tennis Academy at Boar's Head Resort. This unique alternative to our full weekend academy offers all of the same instruction while taking "advantage" of a quick in-and-out, one-day format. With flexible scheduling, this abbreviated option offers four solid hours of on-court instruction that's wrapped into a late morning and early afternoon session allowing participants plenty of time for morning commutes or even a post-academy dinner with friends.



## Order on the Court

Our top-notch instructors base each academy on the skill level of the participants and hone in on a wealth of game-changing topics:

1. Instruction focusing on positioning, mental toughness and tactics & strategies
2. Drills for doubles and singles that mimic real game situations
3. Ongoing critique and coaching on tennis fundamentals
4. Boutique style with the ability to tailor instruction to the needs of each player



## Unmatched Facilities

Rated as one of the top facilities in the Eastern United States, Boar's Head Sports Club is equipped with 26 total courts including 14 outdoor courts (10 clay surfaced courts and 4 hard courts). When the weather turns for the worse, head inside where it's always bright and 70 degrees on one of our 12 indoor hard courts.

## Serving Up Elite Instruction



As our director of the adult tennis academies, Brian Glass is no stranger to the game. Over the years, he's coached hundreds of league teams and even played in a 5.0 pro league for several years. Able to handle groups of all sizes with a 4-to-1 student ratio, Brian

also has a full stable of pros working on the Boar's Head tennis staff that are ready to share their wealth of experience with academy participants.

Contact: [BGlass@BoarsHeadResort.com](mailto:BGlass@BoarsHeadResort.com) or call (434) 972-2235

CHARLOTTESVILLE

# BOAR'S HEAD

## RESORT



## Play Safe. Stay Safe.

Our resort has several safety standards in place that adhere to Covid-19 guidelines allowing for safe play for our guests and staff. Below are some of the standards and suggestions for safe play:

- Follow CDC's guidance on personal hygiene prior to heading to the tennis courts – wash hands, carry hand sanitizer, do not use tennis courts if you have symptoms, cover your mouth and nose when coughing or sneezing, etc.
- Use new balls and racquet grips whenever possible.
- All players assigned to court time are asked to use their own balls unless participating in a group session administered by the Boar's Head staff.
- If a ball from another court lands on your court, use your racket to pass the ball back (instead of picking it up with your hands).
- When changing sides, do so on opposite sides of the court.
- Observe at all times CDC's minimum recommended social distancing of six feet from other people that are not in your direct party.
- Bring your own water or drinks.
- Either bow to your opponents or partners, wave, air high five, or touch racquets instead of the regular pre or post-match handshakes.
- Please refrain from having social gatherings on the courts.
- Arrive and leave as close as possible to your court time.

For overnight guests at the resort, we can ensure that our team and our processes are at or above standards provided by the CDC and our state and local governments for the safety and security of all. To learn more about all of our specific guidelines, visit our dedicated web page at [www.BoarsHeadResort.com/limitations](http://www.BoarsHeadResort.com/limitations) to view our safety guideline video.

**FYI:** A recent study by a group of Covid-19 task force physicians listed more than 35 daily activities, and playing tennis was listed as “low risk” and was found to be lower risk than camping, jogging and cycling. Some of the higher risk sports on the list included team contact games like basketball and football.

Source: Texas Medical Association Covid-19 Medical Task Force and the TMA Committee for Infection Disease.