

junior elite tennis.

Tucson Racquet & Fitness Club · Fall 2026

01 WHY

There is a gap in junior tennis development in Tucson.

Tucson has no shortage of junior tennis programs. What it has lacked is a genuinely high-performance one. Too many programs present themselves as academies while operating as recreational clinics. The serious junior players in this city have had to choose between staying home and settling for less, or leaving Tucson entirely to find the right environment. I first built this program at the Tucson JCC in 2021 because I believed that did not have to be the case. JET at TRFC is the next chapter.

I have been coaching since 1997, across Portugal, Spain, and the United States, working with players at every stage from beginners to ATP and WTA touring professionals. I hold a Master's degree in High-Performance Tennis and a PhD from the University of Arizona. My experience is the foundation of every decision we make about how to train your daughter. What I have learned over nearly three decades is that **the quality of the environment matters more than the quantity of the instruction**. True development happens when players are challenged to find solutions, not when they are told what to do.

JET is not a clinic. It is not a camp. It is a structured, ultra-individualized, sports science-based training program for players who are ready to train like professionals and think like athletes.

We are at the first stage of something we intend to build together. This program will grow, evolve, and improve as we go. What matters most is that we are building it with the right players, the right families, and the right values from day one.

02 HOW

We coach the player. Not the technique.

Most junior programs are built around instruction. The coach sees something that needs fixing, tells the player what to do, the player tries to do it. This produces compliance, but not real understanding. Players coached this way often struggle the moment they are on their own, in competition, under pressure, when no one is there to tell them what to do next.

We work differently. Rather than prescribing what to do, we design situations that challenge players to find their own solutions. When a player discovers something for herself, it stays with her. It becomes part of how she plays, not just something she was told once. This is the same approach used at the highest levels of the game, from elite juniors to players on tour. It produces athletes who are genuinely independent on court.

We also believe that the physical, technical, tactical, and mental dimensions of tennis are never separate during a match. A player does not think, then move, then hit. It all happens at once. So we train it that way: from day one, every session connects all of these elements together in context. A fitness exercise at JET is never just fitness. A technical drill is never just technique. Everything has tactical intention, and **everything connects to competition**.

The result is a player who knows how to compete, how to adjust, and how to keep improving long after she has left this program. We learn how to play by playing.

03 ON COURT

Four principles that define every session.

Every session is built around four principles that shape how we design exercises, how we give feedback, and how we challenge each player to grow.

These are not guidelines. They are the way we work, every day.

DESIGNED DIFFICULTY

We use carefully designed constraints to push players away from habits that are not working and toward new solutions. **Discomfort is not accidental. It is engineered.**

REPETITION WITH VARIATION

Every stroke in a match is unique, so every drill presents a slightly different problem. **Mechanical repetition has been discredited for decades. We do not use it.**

QUESTIONS OVER INSTRUCTIONS

Instead of telling a player what to fix, we ask: "Do you notice a difference in your contact point crosscourt versus down the line?" Their attention does the work. **The discovery stays.**

REDUCING FEEDBACK OVER TIME

We gradually reduce external feedback as players develop. The goal is an athlete who can assess and adjust independently, in competition, under pressure, without us. Players who are coached this way know what to do when it counts, **because they have already been doing it on their own.**

04 THE PLAN

Nothing left to chance.

Injury prevention is not an afterthought here. It is central to how we plan. The most common injuries in junior tennis, stress fractures, tendinitis, shoulder and elbow overuse problems, are almost always the result of overtraining, poor load management, or skipping recovery. **We are obsessive about avoiding this.** Every player's training load is monitored and adjusted individually. We never sacrifice a player's long-term health for short-term results. If something does not feel right, we stop and we address it. No exceptions.

Our program is built around **periodization**, a structured approach that divides the training season into four phases, each with a clear purpose. Training looks and feels deliberately different at different points in the season. What stays constant is the integration: physical development, technical work, tactical training, and mental preparation always happen together.

We track each player's training data and use it to adjust her plan continuously. Nothing is left to habit or intuition. Every decision is intentional and documented.

The fall program runs 18 weeks. The specific timing of each phase is determined individually, there is no fixed calendar that applies to every player in the group.

05 COMPETITION

Tournaments are part of the training, not a break from it.

At JET, competition is not separate from the development process. Matches are where everything we work on in practice is tested, and what happens at tournaments directly informs how we train the following week.

Players in this program compete regularly. The frequency and level, USTA, L1-L3, or ITF, is planned individually for each player based on where she is in her development, her ranking goals, and her physical readiness at any given point in the season. **There is no single tournament schedule for the group** because no two players have exactly the same needs.

We will make tournament recommendations and work with each family to build a competitive calendar that serves the player's long-term goals. The final decisions are always made together, in advance, with the player's development as the priority. We have been here before, at every level of the game. We know how this feels, and we will be with you every step of the way.

06 WHAT IT COSTS

The rates below are provided as a reference. Fees are billed monthly, based on a commitment of five training sessions per week. A full season payment option is available at a discounted rate.

	Member	Non-Member
Per Week (5 sessions x 2hrs)	\$300	\$380

You belong here. Let us make the most of it.

You are here because you earned it. Your level, your work ethic, and your potential are exactly what this program was built for. We are genuinely excited to work with you, and we are going to invest everything we have in your development. All we ask is that you show up ready to do the same.

Show up.

We are planning for five days a week because that is what produces real results. Life happens and we understand that. What we ask is that you communicate with us and stay consistent as much as you possibly can. The more you give this, the more you will get out of it.

Compete.

Competition is where training is tested and where you find out what you are made of. It can be uncomfortable. That is part of it. We will plan your tournament schedule together so it works for you and serves your development.

Stay curious.

Ask questions. Disagree if you think we are wrong. Try things before you decide they do not work. The players who improve fastest are the ones who engage, not the ones who comply.

Take care of your body and your academics.

Sleep, nutrition, recovery, and school are part of the program. We want you at your best, every day. An athlete who is not resting well or falling behind academically cannot give this what it deserves.

Be a good teammate.

This is a small group. How you show up affects everyone in it. The standard you hold yourself to sets the standard for the group.

Your role matters as much as ours.

We know that committing at this level requires real trust, and we do not take that lightly. We are planning for five training days per week because that is the structure that produces the best results. That said, life is not always predictable. Our goal is not rigidity, it is consistency. Families that come with the right intentions and communicate openly will always find us flexible and understanding.

The most valuable thing you can do is just be her parent.

When she comes off the court or gets in the car after a tournament, resist the urge to talk about what happened. Ask how she is feeling, not how she played. That emotional space is hers, and protecting it is one of the most powerful things you can do for her development.

Trust the hard weeks.

Development is not linear. There will be weeks that feel like nothing is working and tournaments that go badly. This is normal, and it is often when the most important growth is happening. Resist the urge to draw conclusions from single sessions or single results.

Come to us directly.

If you have a question or a concern, bring it to us. We would always rather have an honest conversation than have something simmer unaddressed. We have an open door and will always make time. A direct conversation solves things. Everything else creates noise.

09 OUR COMMITMENTS TO YOU

Here is what we promise.

These are not aspirations. They are commitments we make to every player and every family in this program, from day one.

- **Your daughter will never be lost in a crowd.** Maximum three players per coach, every single session. That ratio is non-negotiable.
- **You will always know where things stand.** We will tell you the truth about your daughter's development, early and directly. No surprises, no waiting until the end of the season.
- **Every session has a purpose.** Nothing here happens by habit or routine. Every exercise, every week, every phase of the season is planned with intention.
- **We develop the whole athlete.** Physical, technical, tactical, and mental development happen simultaneously in every session. No dimension of her game is treated as secondary.
- **We respect the investment you are making.** In time, in money, and in trust. We take that responsibility seriously every day.
- **We are building for the long term.** We are not building a player for the next tournament. We are building an athlete for the next five years. Every decision we make is made with that in mind.

What we believe.

01 Development over results. Results are the outcome of good development. We chase development. The results follow.

02 Every player is unique. There is no system you have to fit into. The program is built around you, your strengths, your needs, your timeline.

03 Difficulty is intentional. If every session feels comfortable, it is not demanding enough. We design productive difficulty on purpose, because that is where real growth happens.

04 Independence is the goal. We are building players who do not need us on the court to compete. Autonomy, resilience, and self-awareness are what we are really developing.

05 Honesty over comfort. We will always tell you the truth about where you are and what needs to change. Not to discourage, to equip.

06 Trust the process, especially when you cannot see the progress. There are no shortcuts here. The players who improve most are the ones who stay committed even when it is hard to see why.

07 Tennis is a vehicle. We are developing athletes and people, not just tennis players. The lessons learned here extend well beyond the court.

You will always know where things stand.

Miguel is reachable by text or email any time. We do not wait for problems to surface. We bring concerns to you early, and we hold structured conversations with players and parents at the end of each training phase to review progress and plan what comes next. If something is urgent, say so and we will make it a priority.

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12 FREQUENTLY ASKED QUESTIONS

The questions we hear most often, answered honestly.

What happens if my daughter misses a session?

Life happens and we handle it case by case. The expectation is five days a week, every week. If something comes up, communicate with us directly and in advance. What we do not accept is habitual absence without communication. The program is designed around daily training loads, and missing sessions regularly disrupts the plan.

What if she has a tournament on a practice day?

Tournaments are part of the program. When a player is competing, that is her training for that day. We plan the competitive calendar together so this is never a conflict. It is part of the structure.

Is there a contract? What if she wants to stop after a few weeks?

There is no contract. Commitment is month to month. That said, this is not a program you drop in and out of. If a player decides it is not for her, we ask for at least two weeks notice. Fees are not refunded for sessions already billed.

Can she do fewer days?

Five days a week is the structure the program is built around, and it is what produces the best results. That said, we understand that every situation is different. If there are scheduling constraints, we would rather have a conversation than lose the right player. Talk to us.

Can she continue working with her current coach?

That is a conversation we need to have individually. In principle we have no issue with players working with other coaches, but conflicting methodologies and overloading training are real concerns. The priority is always the player's development and wellbeing.

How do you handle players at different levels within the group?

That is a feature, not a problem. Every player has her own plan, her own training loads, her own tournament schedule. Training together does not mean training identically. Players at different levels challenge and elevate each other.

What does the fee cover?

Five daily two-hour sessions per week, with two coaches at a strict 3:1 ratio, including the integrated athletic development component. Tournament entry fees, travel, and TRFC membership are not included.

The rate reflects a genuine effort by JET and the Tucson Racquet and Fitness Club to make this level of coaching as accessible as possible. For that reason we are not able to prorate for missed sessions, but you are always welcome to make up the time when schedules allow.