



**HIGH
PERFORMANCE**



HIGH PERFORMANCE

The High Performance (HP) tennis program at the WAC Lake Country is designed for our most committed junior tennis players, incorporating training in fitness, shot-selection, and strategy to improve success in match-play. To ensure players are prepared for the demands of the program, new participants must receive a coach's recommendation before joining, as certain foundational techniques and skills are expected.

The program is divided into two levels: HP Progression and HP Academy.

HP PROGRESSION

The HP Progression (HPP) program is designed specifically for junior tennis players in the Youth Progression pathway (Orange, Green, and Yellow Ball) who have the skills necessary to begin training for competitive play. HPP introduces match-play through in-house events and encourages participation in USTA youth-progression tournaments.

HP ACADEMY

HP Academy (HPA) is for advanced players who have completed the HP Progression stage or have a coach recommendation. HP Academy athletes are required to compete in at least one USTA tournament or sanctioned match-play event every three months to maintain their status in the program.

Throughout the High Performance tennis program, players are expected to uphold three core principles: give 100% effort, train with respect, and focus on personal development. Tennis is a journey filled with unique challenges and accomplishments, and we aim to provide a competitive and supportive environment for players to grow and achieve their goals.

Our High Performance tennis program has a proven track record of success, with players earning WIAA individual and team state titles, achieving top 10 rankings in their recruiting classes, and advancing to play college tennis, including at the Division I level.

Whether your goal is to start competing in Orange Ball tournaments, earn a spot on your high school varsity team, or play collegiate tennis, the High Performance tennis program offers a path to success for those who meet the expectations and match-play requirements (HP Academy only).

For questions about the High Performance tennis program, please contact me at thartwick@thewac.com.

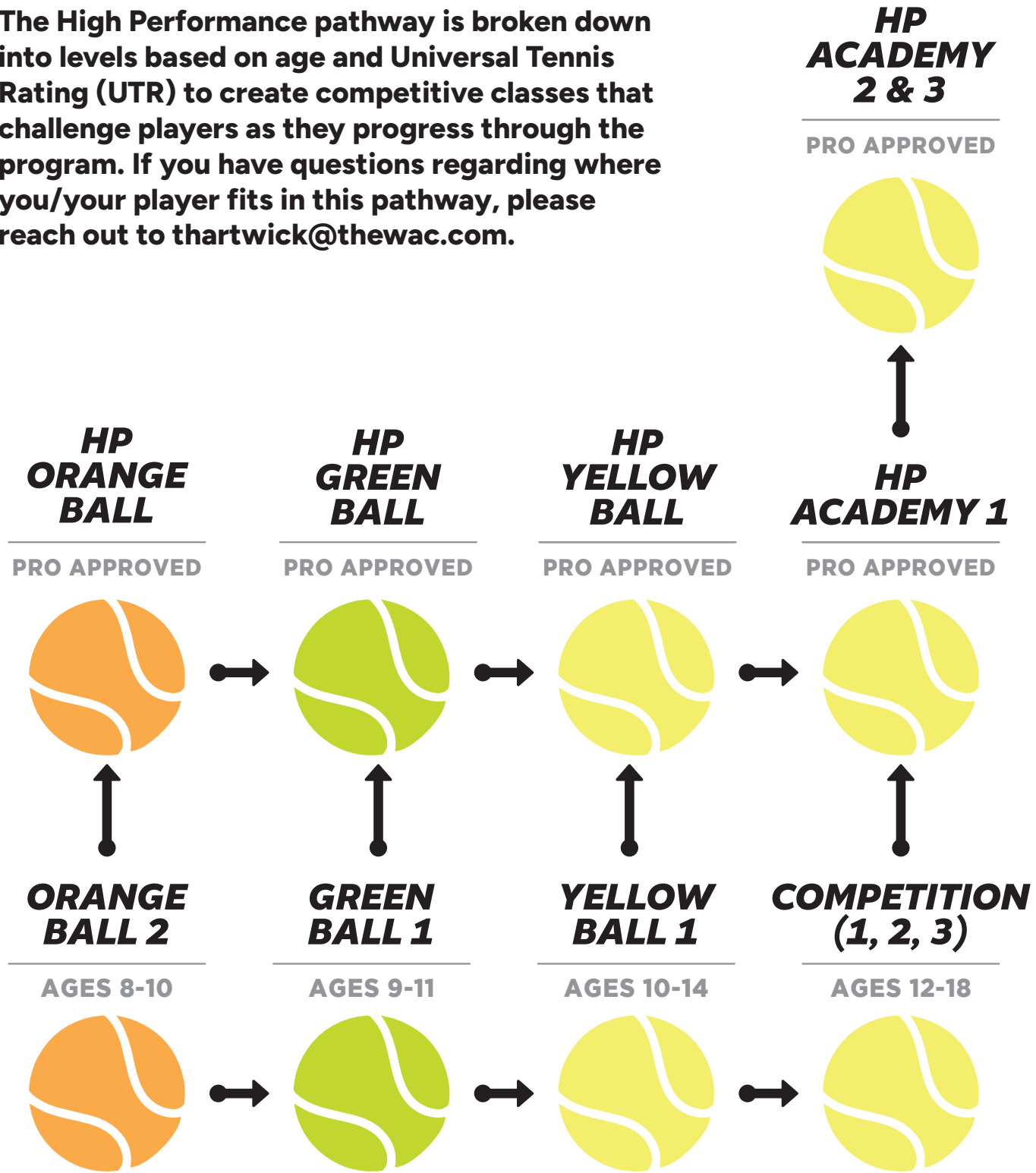
Tim Hartwick
TENNIS DIRECTOR



HIGH PERFORMANCE

PATHWAY

The High Performance pathway is broken down into levels based on age and Universal Tennis Rating (UTR) to create competitive classes that challenge players as they progress through the program. If you have questions regarding where you/your player fits in this pathway, please reach out to thartwick@thewac.com.





Tim Hartwick

TENNIS DIRECTOR

EDUCATION:

Bachelor's Degree from St. Norbert College majoring in Biology and minoring in Chemistry and Spanish

CAREER/ATHLETIC ACHIEVEMENTS:

- 2x Division I State Qualifier in High School
- Top 10 USTA Wisconsin Ranking for the Boy's 18s
- #1 Singles/Doubles Player for St. Norbert College Men's Tennis Team
- Junior Development Chair for the Wisconsin Tennis Association
- University of Wisconsin-Whitewater Men's and Women's Assistant Tennis Coach
- 2021 RSPA Midwest 30&Under Pro of the Year
- 2022 Rollie Mueller Award - Recognition for the WAC-Lake Country High Performance tennis program

CERTIFICATIONS:

- RSPA Accredited RacquetFit Certification (2019) img
- RSPA and USPTR Certified Tennis Instructor
- USTA 10 & Under Certified Coach

SPECIALTIES:

High Performance Tennis Training

INTERESTS/HOBBIES:

Hiking, fishing, gardening, and working out

PHILOSOPHY:

"Nobody cares how much you know until they know how much you care."



Jack Watermolen

HIGH PERFORMANCE PROGRESSION
MANAGER

EDUCATION:

Bachelor of Arts from University of Wisconsin - Madison

CAREER/ATHLETIC ACHIEVEMENTS:

- 2024 WIAA Girl's High School Coach of the Year
- Head Coach of the WIAA Division I Girl's High School Team State Champions (Arrowhead) 2022 & 2023
- Wisconsin Youth Compound Archery Champion
- 2x American Birkebeiner Finisher
- Oconomowoc High School Tennis Captain and 1st Team All-Conference

CERTIFICATIONS:

- EMT-A
- RSPA Applicant
- Wilderness First Responder

SPECIALTIES:

I specialize in youth tennis development and competitive play. I focus on stroke development and footwork. I enjoy teaching high school doubles technique and strategy.

INTERESTS/HOBBIES:

I enjoy mountain and rock climbing, fly fishing, and archery hunting in my time off.

PHILOSOPHY:

Plan for what is difficult while it is easy, do what is great while it is small.



Alex Klaas

HIGH PERFORMANCE FITNESS MANAGER

EDUCATION:

Bachelor of Arts: Biology Major, History Minor, collateral in Athletic Training

CAREER/ATHLETIC ACHIEVEMENTS:

- Fastest recorded serve at 129mph
- First Degree Blackbelt in Taekwondo
- 124lb Turkish Get Up

CERTIFICATIONS:

- Certified Strength and Conditioning Specialist through the NSCA
- RSPA Tennis Pro
- Certified Tennis Performance Specialist

SPECIALTIES:

- Tennis
- Boxing
- Taekwondo
- Kettlebells

INTERESTS/HOBBIES:

Relaxing, reading, cooking, yoga, spending time with my family

PHILOSOPHY:

"Yesterday is history, tomorrow is a mystery, but today is a gift; that is why it is called the present." – Master Oogway



Ryan Sallmann

JUNIOR TENNIS TEAM LEAD
CHALLENGE LADDER DIRECTOR

EDUCATION:

Bachelor's Degree from Wisconsin Lutheran College in Communications and Business

CAREER/ATHLETIC ACHIEVEMENTS:

- State Qualifier at #1 Doubles for Waukesha West in High School
- #2 Singles at Wisconsin Lutheran College where he earned three first team All-Conference Awards
- Head Coach of the Men's and Women's tennis teams at Wisconsin Lutheran College.

CERTIFICATIONS:

USPTR Certified Tennis Instructor

SPECIALTIES:

High Performance Tennis Training

INTERESTS/HOBBIES:

Photography, hiking, and fishing.

PHILOSOPHY:

"No matter what level a player is, there is always room for improvement."

HP PROGRESSION

SPRING SESSION

APRIL 6, 2026 - JUNE 7, 2026 (OFF MAY 23-25)

The High Performance Progression program is designed specifically for junior tennis players in the Youth Progression pathway (Orange, Green, and Yellow Ball) who have the skills necessary to begin training for competitive play.

HIGH PERFORMANCE ORANGE BALL

Class Options: (60-minute class)

Wednesday • 4:00pm Mano/Conner

Sunday • 11:30am Jack/Kevin L

High Performance Orange Ball	
	WAC Advantage Member
Wed	\$234.00
Sun	\$208.00

HIGH PERFORMANCE GREEN BALL

Class Options: (90-minute class)

Monday • 4:30pm Conner

Sunday • 1:30pm Jack/Kevin L

High Performance Green Ball	
	WAC Advantage Member
Mon/Sun	\$312.00

HIGH PERFORMANCE YELLOW BALL

Class Options: (90-minutes on court plus 30-minute fitness class)

Monday • 4:00pm Alex/Mano/Turner

Sunday • 3:00pm Jack/Logan/Joe

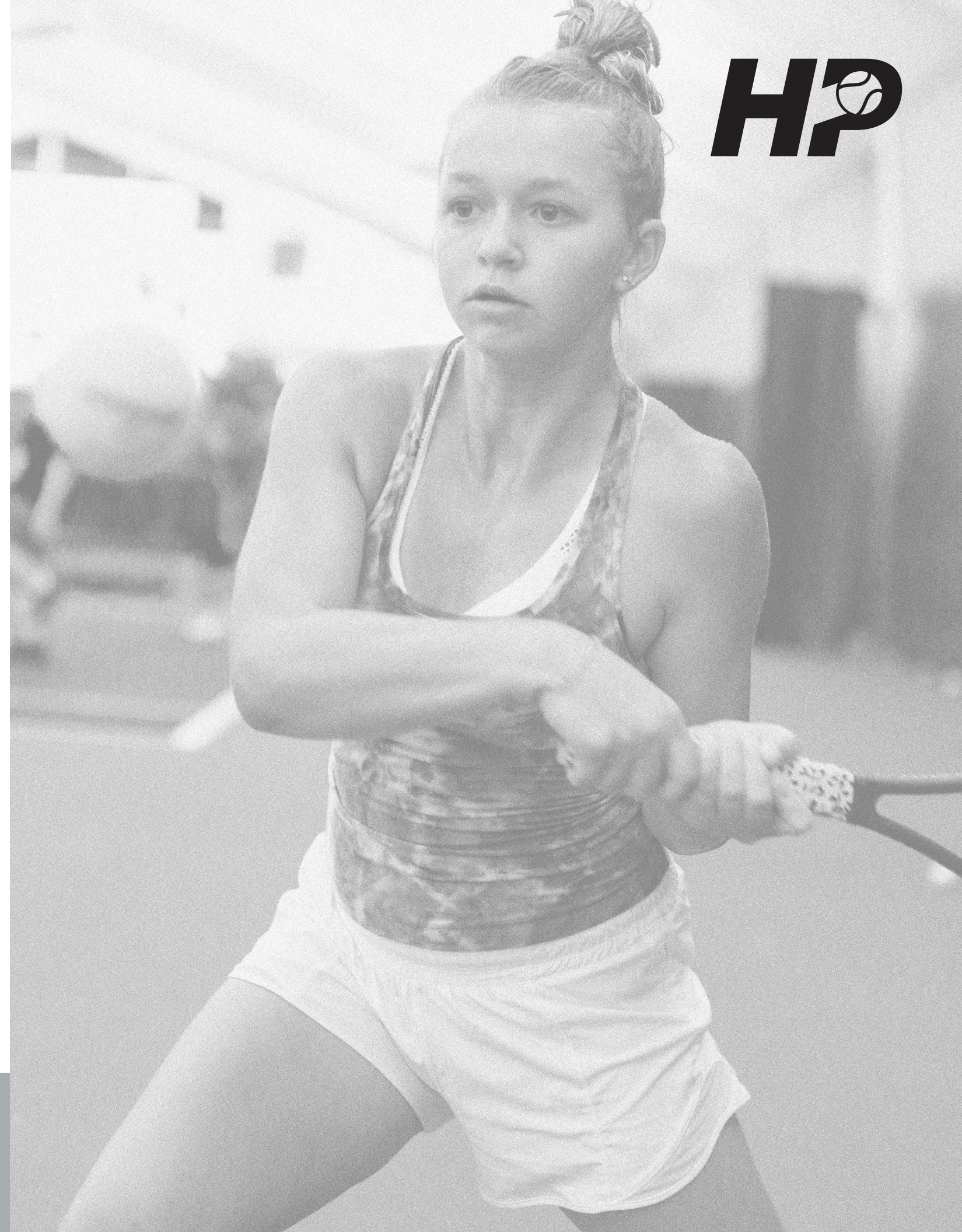
High Performance Yellow Ball	
	WAC Advantage Member
Mon Sun	\$400.00

HP Progression Program Policies:

- Juniors may join the session classes after the start date, but may not be refunded for leaving the session prior to completion.
- All classes with 2 or fewer registrants will be canceled after the first week of the session.
- In order to properly staff our programs, we will not issue refunds or make-ups for missed classes.

**Must be a WAC Advantage Member and Pro-Approved
Registration begins Friday, March 13 at 12pm**

Email jwatermolen@thewac.com to register for all High Performance Progression classes. Any questions on High Performance Progression classes can be directed to Jack Watermolen, jwatermolen@thewac.com.



HP ACADEMY

SPRING SESSION

APRIL 6, 2026 - JUNE 7, 2026 (OFF MAY 23-25)

HIGH PERFORMANCE ACADEMY #1

Class Options: (90-minutes on court plus 30-minute fitness class)

Tuesday • 4:30pm Kevin L/Mano/Conner Saturday • 9:30am Mano/Frank/Joe

Wednesday • 4:00pm Jack/Turner/Ryan Sunday • 4:00pm Ryan/Kevin L/Mano

HIGH PERFORMANCE ACADEMY #2

Class Options: (90-minutes on court plus 30-minute fitness class)

Tuesday • 6:00pm Mano/Kevin L/Joe

Sunday • 4:00pm Tim/Jack/Alex/Noah/Logan

HIGH PERFORMANCE ACADEMY #3

Class Options: (90-minutes on court plus 30-minute fitness class)

Wednesday • 6:30pm Tim/Jack/Joe

Academy #1, #2 & #3,	
	WAC Advantage Member
Mon Sat Sun	\$400.00
Tue Wed Thu Fri	\$450.00

HP Doubles - Top 8 UTR applicants over a 5.0 UTR

Next Gen Doubles - Top 8 UTR applicants under a 6.0 UTR

HIGH PERFORMANCE DOUBLES

Class Options: (90-minutes on court)

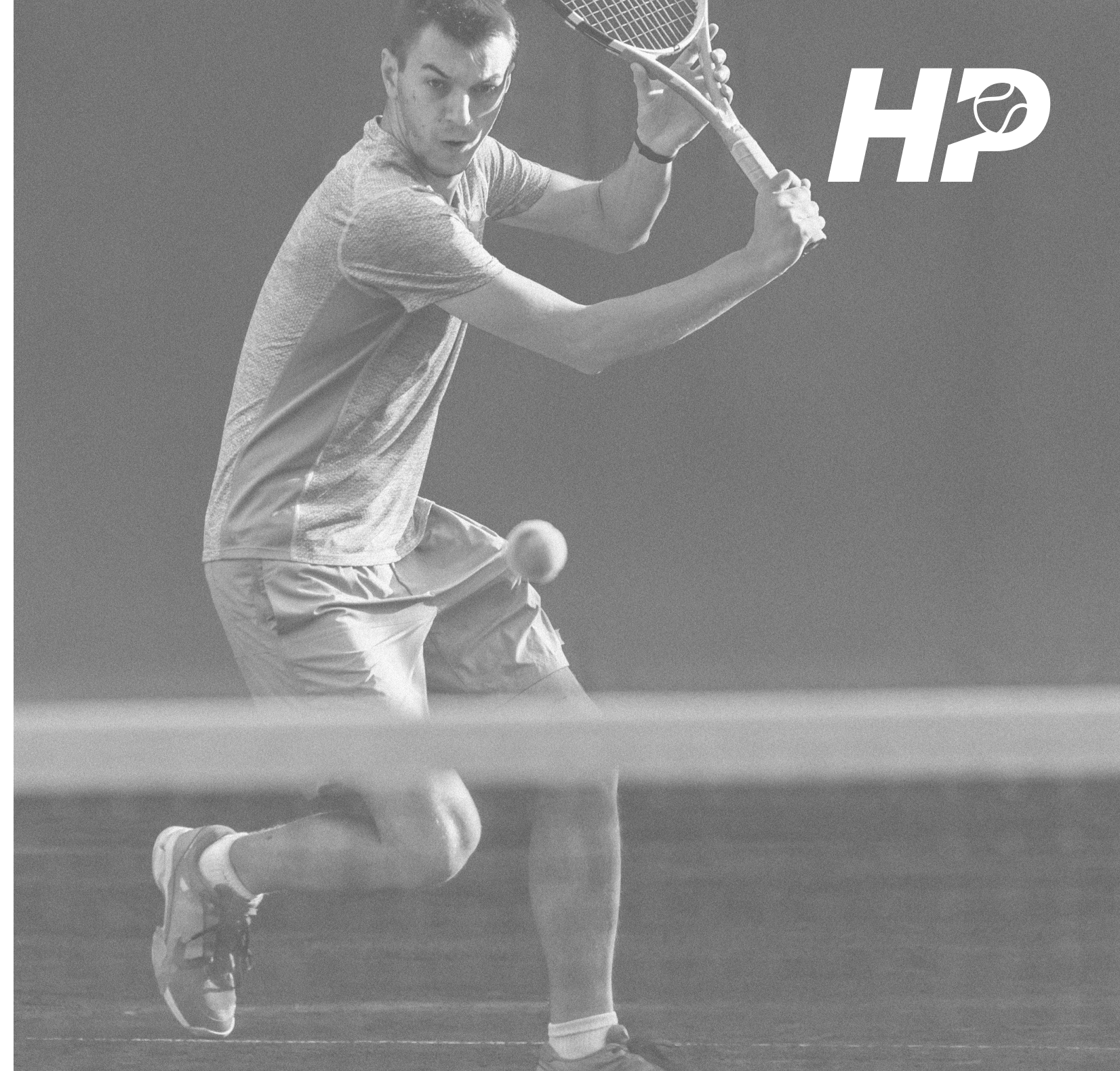
Thursday • 6:30pm Tim/Jack

NEXT GEN HIGH PERFORMANCE DOUBLES

Class Options: (90-minutes on court)

Friday • 4:00pm Ryan

HP Doubles and HP Next Gen	
	WAC Advantage Member
Thu	\$468.00
Fri	\$507.00



Junior Program Policies:

- Juniors may join the session classes after the start date, but may not be refunded for leaving the session prior to completion.
- All classes with zero registrants will be canceled after the first week of the session. Updated class lists will be available online.
- In order to properly staff our programs, we will not issue refunds or make-ups for missed classes.

Must be a WAC Advantage Member and Pro-Approved

Registration begins Friday, March 13 at 12pm

Email thartwick@thewac.com to register for all High Performance Academy classes.

Any questions on High Performance Academy classes can be directed to Tim Hartwick, thartwick@thewac.com.

Why is fitness important for tennis players?

Fitness is a cornerstone of success in any sport, and for tennis players, it's a game-changer. A strong fitness foundation enhances speed, agility, endurance, and overall performance on the court. When paired with sharp racquet skills and smart strategy, fitness can be the deciding factor in tightly contested matches. It's no surprise that top players prioritize fitness training to outlast and outplay their competitors.

How is fitness incorporated into the High Performance tennis program?

Fitness training plays a crucial role in the High Performance tennis program, helping players enhance their on-court performance and overall athleticism. Each 30-minute session is carefully structured, beginning with a warm-up that incorporates slow-tempo mobility exercises to prepare the body. This leads into high-tempo, quick-twitch movements that develop explosiveness and agility.

Players work through a variety of exercises designed to improve stability, power, and coordination. These include single-leg balance drills, explosive footwork patterns, rotational plyometrics, agility exercises focused on acceleration and deceleration, and hand-eye coordination activities.

Since each High Performance class includes athletes of different ages and skill levels, trainers adjust exercises as needed to ensure that every player, whether in a group or individual setting, is appropriately challenged and supported.

What would a personal training session look like and why would it be beneficial for tennis players?

Personal Training provides junior tennis players with a tailored approach to enhancing their athletic performance. In a one-on-one setting, a fitness professional can identify and address individual challenges such as muscle imbalances, poor movement patterns, limited coordination, lack of body awareness, or overall weakness.

Though group fitness training, like HP Fitness, offers many benefits, Personal Training focuses on the specific needs of each athlete. This targeted approach allows players to build strength, improve mechanics, and develop key athletic attributes that directly translate to better performance on the court.

How Would a Workout Plan from a Personal Trainer Benefit a Junior Tennis Player?

A custom workout plan offers junior tennis players a personalized approach to improving their athletic performance. Tailored exercises focus on the athlete's unique needs, targeting key fitness components such as mobility, strength, balance, endurance, explosiveness, and mental focus.

Every athlete has areas where they excel and others where they may struggle. A personalized plan helps address these weaknesses while building on their strengths, ensuring a well-rounded development. This individualized approach not only enhances overall performance but also reduces the risk of injury, enabling players to perform at their best on the court.

FITNESS EVALUATION

A precursor to Personal Training, a Fitness Evaluation allows a Certified Tennis Performance Specialist to evaluate the key fitness components for tennis athletes and provide feedback for development.

\$30 for 30 minutes

WORKOUT PROGRAM DEVELOPMENT

Purchase a Workout Program developed by a Certified Tennis Performance Specialist that is personalized to a tennis athlete based upon their goals and Fitness Evaluation.

\$50 per program

PERSONAL TRAINING

\$45-60 for 30 minutes

Pricing dependent on Trainer level.



GOOD TO KNOW

CHALLENGE LADDER

Challenge Ladder is a weekly match-play opportunity for tennis players enrolled in High Performance Yellow Ball and High Performance Academy classes. It offers HP athletes a chance to apply techniques and strategies learned in private and group lessons in a competitive setting.

Match sign-ups and pairings are organized through WAC Lake Country's Universal Tennis Rating (UTR) account, with results directly impacting player ratings.

REGISTRATION

To register for Challenge Ladder or request more information, please email Ryan Sallmann at rsallmann@thewac.com.

PRICING

\$200 annual fee September 2025 - August 2026
No refunds. No pro-rating.

MATCHES

September-May | Sundays at 6pm or 7:30pm
June-August | Fridays at 12pm or 1:30pm

USTA TOURNAMENTS

To maintain their standing in the WAC-Lake Country's High Performance tennis program, players must participate in at least one USTA tournament (or three Varsity high school tennis matches) every three months. This requirement ensures that HP players are consistently challenged and have the opportunity to apply the skills learned in class in competitive match play against opponents outside the program.

USTA tournaments, which can be found at usta.com, range from Level 7 (beginner tournaments) to Level 1 (for top players in the USA).

RECOMMENDATIONS

Level 7 Tournaments

HP Yellow Ball
HP Academy 1

Level 6 Tournaments

Experienced HP Academy 1
HP Academy 2
HP Academy 3

Level 5+ Tournaments

HP Academy 2
HP Academy 3

WHAT IS A UNIVERSAL TENNIS RATING?

The Universal Tennis Rating (UTR) provides an objective, accurate measure of a player's skill level, ranging from 1.00 (beginner) to 16.50 (world-class professional).

A player's UTR becomes reliable after about five matches and is calculated based on results from USTA tournaments, Challenge Ladder matches, and other match-play events. The rating considers both the quality of the opponent and the total games won. A player's UTR is a weighted average of up to their 30 most recent match ratings, with only matches played in the past 12 months contributing to the rating. For more details on how UTR works, visit utrsports.net.

HOW WE USE UNIVERSAL TENNIS RATINGS

WAC-Lake Country uses Universal Tennis Rating (UTR) to organize class levels within the HP Academy program and to determine selection for HP Doubles classes.

CRITERIA

HP Yellow Ball	1.0-1.5 (Under 13 years old)
HP Academy 1	1.0-3.2 (Over 13 years old)
HP Academy 2	3.3-5.49**
HP Academy 3	5.5+**
Next Gen Doubles	Top 8 applicants over 5.0 **
HP Doubles	Top 8 applicants under 6.0 **

**Verified

WHAT IS WORLD TENNIS NUMBER?

World Tennis Number (WTN) is a rating system similar to UTR, providing an objective measure of tennis skill. A player's WTN ranges from 1.0 (world-class professional) to 40.0 (beginner).

The key difference between UTR and WTN is that WTN measures total sets won, while UTR tracks total games won. Like UTR, WTN gathers match results from USTA tournaments and evaluates them based on the quality of opponents to calculate and update a player's rating. USTA Tournament Directors also use WTN for player selection and seeding in draws.



EMMERSON

WHITE

**#1 recruit in the WI
graduating class of 2023**

**D-I player at St. Louis
University**

“

My favorite part of HP was doing it with friends and family. My brother and I did HP together for years along with many of our friends and made awesome memories. It makes tennis way more exciting when you get to do it with people you have fun with. It's easy to get burnt out in tennis, so I think the environment in HP made me always want to come back for more.

The HP program helped me reach my goal of playing D-I tennis in so many ways. The blend of tennis and conditioning really helped my on-court growth by helping my movement and stamina. There is also so much benefit to hitting with many different people, both boys and girls. Getting to practice this variety prepared me so well for college, because each player I encounter has their own unique skills and strategy. Finally, HP taught me what it means to be a member of a team. Tennis is a highly individual sport, so being a part of a team and doing the famous Davis Cup days helped me get into a team mentality. Once you get to college, your team matters more than you, and I would say HP put me a step ahead by preparing me for this transition.

”



LINCOLN

MARSHALL

“

I had a lot of fun in everything we did in HP and HP Doubles. Both classes were really competitive, and the drills were always high-energy. Everybody was friends with everybody else, so it was always fun too. #GasDay

HP Doubles helped me a lot in gaining confidence as a doubles player, which mostly means I stopped being scared at the net. I think (HP Doubles) helped me a lot in being a better partner too because I got so much repetition and got to play with a lot of different people. I became a smarter tennis player too. HP singles was helpful in the same way.

”

**#3 recruit in the WI
graduating class of 2023**

**WIAA Division I Doubles
High School State
Champion**



ARROWHEAD HS GIRLS TENNIS TEAMS

**2022 and 2023 WIAA Division 1
Team State Champions
and 2024 Finalists.**

“

The HP tennis program has taught my tennis team and I the ways of true strategy on the court while playing a match. I have learned to stay focused on myself and my game, always give 100% effort—whether in practice or matches—and show respect for myself and others. I want to thank all the coaches that have helped out in this program to help me and my team become better tennis players over all these years.

“

Over the years, I've consistently played in the HP program. The tournament requirement and pressure point games we played in class prepared me for the intensity of high school sectional and state matches. Being in class with many talented kids helped me learn how to strategize against players with different styles and techniques. Overall, it's made me a stronger player!

“

The HP program helped prepare me for all of the different styles of players that you see in not only USTA tournaments but also high school season. Through the exposure I learned how to best respond in a variety of scenarios, enabling me to become ready for all sorts of shots and patterns. HP also is a way for me to still hit with my teammates in the off season, strengthening our bond but helping each other get better. Not only that but it also lets me connect with a lot of different players that I might have never had the chance to meet. Most importantly, HP is part of what makes tennis fun.

SARAH NEUBERT

**2026 Graduating Class
2024 Division 1 Individual
Doubles State Champion**

MEKENNA VERHAGEN

2026 Graduating Class

AUBREY MCGUIRE

2027 Graduating Class



Wisconsin Athletic Club