



# PATE ACADEMY

at  
LTP

## **Pate Academy is offering a new fitness program for 2022-2023**

developed by

Dr. Victor Tringali and Pate Academy coach Geoffrey Ashley

The program, held in the new facilities at the Credit One Stadium on Daniel Island, will take advantage of many years of research and experience in strength development, cardiovascular conditioning, and speed and footwork both on and off-court. Each player will be evaluated and receive a baseline assessment to enable proper exercise prescription and goal-setting.

The fitness program is included in the tuition of tennis players enrolled in LTP Scholars.

For academy players not enrolled in LTP Scholars the rate is \$250 a month.

Non-tennis players can join the program for \$500 a month.

Dr. Victor Tringali, EdD, CSCS has spent more than 25 years in the health and fitness industry as a world-recognized bodybuilder, entrepreneur, university administrator, college professor and consultant. He has worked with a variety of populations and ages, including elite athletes, and has educated and mentored health and fitness professionals from across the United States.

Geoffrey Ashley has been involved in tennis coaching and development for over 20 years, developing players of all ages and levels of play. He has worked with Pate Academy players for the last four years on conditioning, strength, efficient footwork and explosive speed and preventing on-court injuries.

