

SQUAD & ADVANCED

SQUAD TRAINING AT DENDY PARK TENNIS CLUB

Improve your skill, fitness and matchplay
under full guidance of qualified coaches

SQUAD TRAINING

- WHEN:** Monday to Wednesday 5.30-7.00pm
Thursday and Friday 5.00-6.30pm
- SUITABLE FOR:** All standards
Ideal for Junior Team Players Section 4 to Section 19
Fully Graded
- CONTENTS:** 1 hour of fitness work and drills set by Tennis Australia High Performance Coach
30 minutes matchplay singles/doubles to follow
Individual term reports (you can show your private coach what you need to work on)
- COST:** \$40 per 1 squad per week
OR SPECIAL: \$64 unlimited squads per week
All includes match play on Friday nights 6.30-8.30pm. With a ladder system

ADVANCED SQUAD TRAINING

- WHEN:** Monday 6.00-8.00pm
Tuesday 5.30-7.30pm
Thursday 5.30-7.30pm
Friday 5.00-6.30pm
- SUITABLE FOR:** Juniors section 3 and higher
Senior Pennant Players or Playing Test
- CONTENTS:** 1.5 hours of fitness work
Drills set by Tennis Australia High Performance Coach
30 minutes matchplay singles/doubles to follow
Individual term reports (you can show your private coach what you need to work on)
- COST:** \$50 per 1 squad per week
OR SPECIAL: \$80 unlimited squads per week
All includes match play on Friday nights 6.30-8.30pm. With a ladder system

You get to play a 3 set match. Work your way up the ladder each week. Supervised by qualified coaches.

All points are added up for the entire year. The more you play, the more chance you have of winning the term prize.

2nd Squad per week 40% sponsorship (40% deduction on 2nd squad fee). 3rd, 4th and 5th squad per week full scholarship (No payment needed for these squads).

BOOKINGS ESSENTIAL CALL:

DEAN ELLIS - Registered High Performance Coach
p: 0419 542 012 | e: deanellis@worldtennisaustralia.com

worldtennisaustralia.com

