

Junior & Adult Squad Training for Tennis



Kalparrin Gardens (SMKG)

Mon, Tues, Wed, Thurs 530pm

Introduction to Squad

60 minute session

For players new to competition
An emphasis on technique & practice

Intermediate Squad

90 minute session

For experienced competition players
An emphasis on technique and match play

Advanced Squad

90 minute session

For those who's No.1 sport is tennis
An emphasis on match play and training



Players need hours of practice to see their skills and level of enjoyment flourish. However to get the full benefit their training has to have structure.

These squads will introduce players to all aspects of the game relevant to their experience in an environment where participants work together and push each other to improve. Including:

- Match strategy how to implement it
- An understanding of practice drills
- Productive practice & training habits
- On Court agility training
- High intensity hitting / drilling
- Strength & Conditioning for tennis (S&C)
- Technique, Technique, Technique...!!



To be held at: St. Marys Tennis Club
Kalparrin Gardens (SMKG)
Yando Street, Greensborough
(Melways Ref 20 G2)



the TENNIS GURU
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Squad Training - Enrolment Form

Name: _____ M / F Age: _____ DOB: _____

Sibling Name: _____ M / F Age: _____ DOB: _____
(If you are a current Tennis Guru client you do not need to complete the rest)

School: _____ Comp Grade/Club (if any): _____

Parents Names: _____ Home Ph: _____

Mum Mob: _____ Dad Mob: _____

Email: _____ How did you hear about us? _____

Address: _____ Suburb: _____ Postcode: _____

Allergies: _____ Comments: _____

Please circle appropriate session:

Session	Day	Time	Club	Duration	Term Fee (10 weeks)
Introduction to Squad	Mon, Tues, Wed, Thurs	5:30pm	SMKG	60 mins	\$160
Intermediate Squad	Mon, Tues, Wed, Thurs	5:30pm	SMKG	90mins	\$190
Advanced Squad	Mon, Tues, Wed, Thurs	5:30pm	SMKG	90mins	\$190

Note: Students are able to enrol during the term and pay pro-rata.

To confirm enrolment please pay by methods below:

- Cash (bring to 1st session in an envelope)
- Cheque (Payable to: The Tennis Guru)
- Direct Deposit: (Please put participants name in senders details)
Account: The Tennis Guru P/L, BSB: 633-000, Account No: 132538992



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