

## Junior & Adult Squad Training for Tennis



### 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

### Adult Squad

90 Minute Session  
For elite juniors and competition adults  
Emphasis on drilling, strength & conditioning



Players need hours on the court to see their skills and level of enjoyment flourish. Some practice long hours but do not get the full benefit because their training has no 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:

**Warrandyte Tennis Club (WTC)** or **South Warrandyte Annexe (SWA)**  
Taroona Ave, Warrandyte Colman Rd, South Warrandyte  
(Melways Ref 35 C1) (Melways Ref 35 K7)



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)

Home Ph: \_\_\_\_\_ Mob: \_\_\_\_\_

Email: \_\_\_\_\_ Comp Grade/Club: \_\_\_\_\_

Address: \_\_\_\_\_ Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_ Comments/Allergies?: \_\_\_\_\_

**If under 18:** Parents Names: \_\_\_\_\_

Mum Mob: \_\_\_\_\_ Dad Mob: \_\_\_\_\_ School: \_\_\_\_\_

### Please circle appropriate session:

Session	**Day	Club	Duration	Term Fee (8 weeks)
Introduction to Squad	Mon, Tues, Thurs 5:30pm	WTC	60 mins	\$128
Introduction to Squad	Wed 5:30pm	SWA	60 mins	\$128
Intermediate Squad	Tues, Wed 5:30pm	WTC	90mins	\$152
Advanced Squad	Tues 5:30pm & Wed 7pm	WTC	90mins	\$152
Adult Squad	Thurs 7pm	WTC	90mins	\$176

\*\*If no session suits please let us know the days/times that do as we may be adding further sessions

To confirm enrolment:

1. Post or email completed form along with payment
  - a. Cash (bring to 1st session)
  - b. Cheque (Payable to: The Tennis Guru)
  - c. 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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