

evolve junior coaching

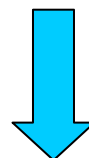
The following programme will operate at the Muritai Tennis Club:

Term 2 2019: Monday 29 April – Sunday 7 July (10 weeks)

Term 3 2019: Monday 22 July – Sunday 29 September (10 weeks)



Tennis Hot Shots			
Red stage - 1/2 court (5-8yrs)	Days	Times	10 wk cost
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. 1 coach: 6 players	W	3:15-4pm	\$140
Orange stage - 3/4 court (8-10yrs)			
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	W	4-5pm	\$180
Green stage (Novice Interclub)			
Advance tactical knowledge, spin on ground strokes and serve, understand fair play, learn to manage emotions, execute all possible shots on a tennis court. Ratio 1:6	W	5-6pm	\$180



Performance			
Intermediate interclub (Div 2 – Prem B)	Days	Time	10 wk cost
Build on tactical knowledge, court positioning, consistency and accuracy on all strokes. Develop footwork patterns and match routines. Ratio 1:6	W	6-7:30pm	\$240
Advanced interclub training (Prem A+)			
Build on tactical knowledge, develop 1-2 combinations, pre-match, during and post-match routines to maintain emotional control. Flexibility, strength and speed. Ratio 1:6	W	6-7:30pm	\$240

Private lessons	Days	Time	Per hour/Half hour
Structured for your individual game style and skill level. Private lessons are a great way to make rapid progress and make changes in your game. We have tiered pricing based on the qualifications and experience of the coach	W	TBA	Lewis \$60 / \$35

For more information or to register contact:

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