

# evolve adult coaching

The following programme will operate at the Thorndon Club:

**Term 4 2019:** Monday 14 October – Sunday 22 December (10 weeks)

**Term 1 2020:** Monday 27 January – Thursday 9 April (11 weeks)



<b>Skill development</b>			
<b>Beginners (0-2 years)</b>	<b>Days</b>	<b>Times</b>	<b>10 wk cost</b>
Build stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	<b>Tuesday</b>	<b>7-8pm</b>	<b>\$180</b> (1 day)
<b>Intermediate (2+ years)</b>			
Build consistency on all strokes, develop understanding of tactical fundamentals in doubles and singles, warm-up and down routines, match routines. Encourage interclub tennis. Ratio 1:6	<b>Thursday</b>	<b>7-8pm</b>	<b>\$180</b> (1 day)



<b>Performance</b>			
<b>Advanced Training</b>	<b>Days</b>	<b>Time</b>	<b>10 wk cost</b>
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	<b>Contact Evolve to arrange</b>	<b>90 minutes</b>	<b>\$240</b> (1 day)
<b>Interclub Team Training</b>			
Volley confidence, serve placement, groundstroke consistency, doubles positioning, team tactics.	<b>Contact Evolve to arrange</b>	<b>60-90 minutes</b>	<b>TBA</b>

<b>Fitness</b>			
<b>Cardio Tennis</b>	<b>Days</b>	<b>Time</b>	<b>Cost per session</b>
This is a fun, social, group programme for all ages and abilities. Participants wear heart rate monitors, exercise to music, use Cardio Tennis balls and a variety of equipment, including agility ladders. The workout consists of a warm-up, cardio segment (drill-based and play-based activities) and a cool down. We highly recommend trying out this exciting initiative. Ratio 1:8	<b>Contact Evolve to arrange</b>	<b>60 minutes</b>	<b>\$15</b>

<b>Private lessons</b>	<b>Days</b>	<b>Time</b>	<b>Per hour/half hour</b>
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.	<b>Contact Evolve to arrange</b>	<b>30-60 minutes</b>	<b>Nick \$65 / \$37.50 James \$60 / \$35</b>

**For more information or to register contact:**

**Phone:** (04) 479 1386

**Email:** [info@evolvetenniscoaching.co.nz](mailto:info@evolvetenniscoaching.co.nz)

**evolve tennis coaching**

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