

evolve adult coaching

The following programme will operate at the Khandallah Tennis & Squash Club:

Term 4 2022: Monday 17 October – Friday 16 December (9 weeks)

Term 1 2023: Monday 30 January – Thursday 6 April (10 weeks)



Skill development			
Beginners (0-2 years)	Days	Time	10 wk cost
Build stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. 1 coach:6 players	M M Tu W	7-8pm 7:30-8:30pm 1-2pm 6:45-7:45pm	\$220 (1 day)
Intermediate (2+ years)			
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	Tu Th F	7-8pm 7:15-8:45pm 11:30am-12:30pm	\$220 (1 day) \$290 (1 day) \$220 (1 day)



Performance			
Advanced Training	Days	Time	10 wk cost
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	Contact Evolve to arrange	90 minutes	\$290 (1 day)
Interclub Team Training			
Volley confidence, serve placement, groundstroke consistency, doubles positioning, team tactics.	Contact Evolve to arrange	60-90 minutes	TBA

Fitness			
Cardio Tennis	Days	Time	Cost per session
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	Contact Evolve to arrange	60 minutes	\$15

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.	Contact Evolve to arrange	30-60 minutes	Head Coach \$80 / \$45 Senior Coach \$65 / \$37.50

For more information or to register contact:

Phone: (04) 479 1386 **Email:** info@evolveteniscoaching.co.nz

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