

SQUAD & ADVANCED

SQUAD TRAINING AT DENDY PARK TENNIS CLUB

Improve your skill, fitness and matchplay under full guidance of qualified coaches

SQUAD TRAINING

WHEN: Monday to Friday 5.30pm - 7.00pm

SUITABLE FOR: All standards
Ideal for Junior Team Players
Section 4 to Section 19
Fully Graded

CONTENTS: 1 hour of fitness work and drills set by
Tennis Australia High Performance Coach
30 minutes matchplay singles/doubles to follow
Individual term reports (you can show your
private coach what you need to work on)

COST: Only \$35 per session

ADVANCED SQUAD TRAINING

WHEN: Monday 6.00-8.00pm
Tuesday 5.30-7.30pm
Thursday 5.30-7.30pm
Friday 5.00-6.30pm

SUITABLE FOR: Juniors section 3 and higher
Senior Pennant Players or Playing Test

CONTENTS: 1.5 hours of fitness work
Drills set by Tennis Australia High
Performance Coach
30 minutes matchplay singles/doubles to follow
Individual term reports (you can show your
private coach what you need to work on)

COST: Only \$50 per session

Both Squad and Advanced Squad training includes free matchplay on Friday Nights 6.30 - 8.30pm.

You get to play a 3 set match. Work your way up the ladder each week. Supervised by qualified coaches.

All points are added up for the entire year. The more you play, the more chance you have of winning the term prize.

2nd Squad per week 50% sponsorship (50% deduction on 2nd squad fee). 3rd, 4th and 5th squad per week full scholarship (No payment needed for these squads).

BOOKINGS ESSENTIAL CALL:

DEAN ELLIS - Registered High Performance Coach
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worldtennisaustralia.com

