



## **Term 2 Coaching Programmes 2017**

**with KvZ Tennis Academy Coach Kolie van Zyl**

**(May 1<sup>st</sup> – July 7<sup>th</sup>)**

*\*Please note this is an 10-week term (8-weeks of tennis) with the last 2 weeks of term being put aside for any wet-day makeups which will be arranged with notice.*

### **Pee Wee (5 – 7 years) - Red Level**

**Days offered: Wednesday 3.20 – 4.00pm; Thursday 3.20 – 4.00pm**

A high energy and fun introduction to tennis, with the use of red low-compression tennis balls and mini-nets. Players get free TTC membership when they sign up for this program! (\*must be under 8 years of age\*)

*Cost: \$70 for one term – one day per week.*

(Internet payments to: Tasman Tennis Club 03 - 1354 - 0149181 - 00 Please use **surname** as reference)

### **Smashers (8 – 12 years) - Orange Level**

**Days offered: Monday 3.30 – 4.30pm , Thursdays 4-5pm**

This program is for players who are beginners or have recently graduated from the Pee Wee Program. This is a chance for players to improve their technical skills toward rallying and serving as well as having fun! This session is held on a three-quarter full court.

*Cost: \$85 for one term – one day per week.*

(Internet payments to: Tasman Tennis Club 03 - 1354 - 0149181 - 00 Please use **surname** as reference)

### **Teenagers (13+ years)**

**Day offered: Monday 5.30 – 6.30pm**

This program is designed for players who love tennis, want to improve their game but would prefer to play at a social level.

*Cost: \$90 for one term – one day per week.*

(Internet payments to: Tasman Tennis Club 03 - 1354 - 0149181 - 00 Please use **surname** as reference)

### **Tasman Aces (Tournament Development under 12s) – Green Level**

**Day offered: Monday 4.30 – 5.30pm**

This program is for younger players who are aspiring to reach a higher level in their tennis and want to work towards playing full-court inter-club games. Must be really keen! Players will be working on technique, the rules of the game and increasing their tennis knowledge in general. Please enquire if you would like your child to be part of this group.

*Cost: \$85 for one term – one day per week*

(Internet payments to: Tasman Tennis Club 03 - 1354 - 0149181 - 00 Please use **surname** as reference)

### **Breakthrough Squad (Tournament Development)**

**Day offered: Thursday 5.00 – 6.30pm**

This program is for players who want to advance into regional tournament level and would benefit from proper technique, conditioning, drilling and tactical skills.

*Cost: \$125 for one term – one day per week*

(Internet payments to: Tasman Tennis Club 03 - 1354 - 0149181 - 00 Please use **surname** as reference)

### **Tournament Training Programme (TTP)**

**Day offered: Wednesdays 4 – 5.30pm**

This program is for nationally and internationally ranked tournament players who wish to achieve to the best of their ability through a skilled coaching programme. This includes high intensity drilling, conditioning, high performance, tactical skills and technique. Match play is part of this programme and competition is encouraged.

*Cost: \$125 for one term – one day per week*

(Internet payments to: Tasman Tennis Club 03 - 1354 - 0149181 - 00 Please use **surname** as reference)

### **Tasman Comeback Club (Adults)**

**Days offered: Friday 9.00 – 10.00am**

This program is for players who have either not played competitively or have had some time away from tennis and want to come back and refresh their skills and technique in a friendly environment. Suitable for beginner/social players.

*Cost: \$15 per session per player – fee payable on the day.*

### **A & B Grade Interclub Training (Adults – Men and Women)**

**Day offered: Tuesday 6.30 – 8pm**

This is a fun, group training session, for all A & B grade interclub players. The focus will be on building strong interclub teams for next season through technical and tactical objectives, live ball structured activities, point play and fitness.

*Cost: \$120 for one term – one day per week; \$15 drop-in fee*

*(Internet payments to: Tasman Tennis Club 03 - 1354 - 0149181 - 00 Please use **surname** as reference)*

### **Private Coaching**

Private coaching is a great way to speed up your progress technically, tactically and physically. Coach Kolie has been a professional coach for many years and will share his knowledge with you to ensure you reach your goals. Includes video on-court analysis. Contact Kolie directly for pricing and package deals or to book a time.

For further information, please contact:

**Kolie van Zyl**

**H. 548-9516**

**M. 027-829-3306**

**E. [kolievz@yahoo.com](mailto:kolievz@yahoo.com)**

*Please note that age is only a guideline, ability is also taken into consideration.*

*Please ensure that payments for coaching are made within 14 working days from the beginning of the term.*

*Your cooperation is much appreciated.*

