

# Parramatta City Tennis Centre

## Coaching Programs

### Term 2 – 2021



## High Performance Squad:

This high intensity program is benchmarked by the player's attitude, coachability, goals, & UTR. In order for the player to progress to an elite level players are expected to have private lessons to supplement this program.

To be mentally tough & perform at a high level players are expected to develop a high level of athletic & physical ability so often sessions are very physically challenging. If your player is up for this then this is a program for you.

### The program is designed based on 3 pillars:

- 1. Physical - Athletic Movement & Tennis Fit
- 2. Mental - High Performance Mindset & Resilient
- 3. Tactical - Offensive & Defensive

### Some of the learnings include:

- player game styles,
- defensive & offensive tactics,
- playing with consistency,
- how to deal with pressure,
- how to compete
- developing high performance habits
- growing a high performance mindset
- developing a strong physical foundation
- tennis specific footwork patterns

### It is expected that players have the following for each session:

- 2 tennis racquets
- a towel
- running shoes other than their normal tennis shoes
- a water bottle

### Duration:

Squads run for 2 hours on a weekly basis

### Cost:

\$450.00 for a 10 week term

### Term 2/21 Dates:

Starting from Wednesday 21<sup>st</sup> April 2021

### Class Times:

5.30pm – 7.30pm each Wednesday

Ending on Wednesday 23<sup>rd</sup> June 2021.



**For more information please contact our Parramatta City Tennis Centre team on:**

**Ph:** 02 9683 1703

**Email:** [tc@sportscampsaustralia.com.au](mailto:tc@sportscampsaustralia.com.au)

**Website:** [www.parratennis.com.au](http://www.parratennis.com.au)

# High Performance Squad Enrolment Form Term 2 - 2021



**\*Payment is required within the first week of Terms commencing at the club house**

## Terms and Conditions:

1. **Applications cannot be accepted without details being completed below** (In the event of new enrolments, payment will not be accepted until your class is confirmed)
2. An enrolment form must be filled out to reserve your child's placement in the coaching program
3. Fees are not refundable
4. Sports Management Australia reserves the right to defer any classes or lessons due to unforeseen circumstances (ie wet weather)
5. If a class is cancelled due to wet weather or illness only, a makeup class during that term will be provided

## **Please complete the following details:**

Name of Student: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Contact Numbers: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (M) \_\_\_\_\_

Email: (Mandatory) \_\_\_\_\_ @ \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ UTR/AUS Ranking: \_\_\_\_\_

## **Medical Conditions:**

Does your child have any disability (i.e. Physical/intellectual/behavioural), illness (i.e. asthma) and/or allergies we should know about? Please provide details: \_\_\_\_\_

## **Payment Details:**

- Credit Cards/Debit Cards and Cash payments are accepted at the Parramatta City Tennis Centre Pro-shop counter as you pay for your term participation.
- If you are a new enrolment, payment will not be expected until your class is confirmed. Once confirmed, your payment will be required first week of attendance.
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I, (or if you are under the age of 18, your parents/guardian), hereby indemnify the SCA Venues & Parramatta City Tennis Centre and/or its staff from any responsibility and/or claim for any possible injury, damage, or loss during my attendance at Parramatta City Tennis Centre and agree to the forgoing conditions.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_