



## **Point Lonsdale Tennis Club**

### **Stingray Squad**

Our coaching program is expanding, and I excited to offer a squad style coaching session at Point Lonsdale Tennis Club 6:15 to 7:45 pm each Tuesday evening. Cost will be \$15 per session.

Our squad coaching sessions are available for adolescents aged 13-17 who are committed regular players, who play comp all-year round and are looking to evolve their game.

The squad is ideally suited to those players who are serious about maximising their potential and is an ideal complement to any player currently playing Geelong Junior Comp and who are playing tournaments.

The squad is designed for competitive players who are performance driven. It combines high intensity fast-paced drills, scenario-based game play, advanced stroke production, footwork and court movement patterns, tactical training, psychology and tennis-specific fitness training.

The serve and return are focused on throughout the entire program.

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