



# Academy Squad

Team Culture

Fun, Friendship, Fitness, Fairplay

# High performance coaching

30 week programme

September-June

- \* Requiring full time commitment from players & support from parents.
- \* Full technical, tactical, matchplay coaching with intensive fitness.

# Academy Requirements

Our coaches will assess you under the criteria below and advise you of the necessary steps if you are not ready to join the academy.

- \* Attitude
- \* Technical ability
- \* Physical ability
- \* Matchplay

# What's Involved?

## U12/14 (9hrs a week)

2 x 2hr tennis squad

2 x 1.5 tennis squad followed by 1 hour fitness

## U15 + (6.5hrs a week)

2 x 1.5 tennis squad followed by 1 hour fitness

1 x 1.5hr junior/senior squad

Ladder & League /Matchplay/ Tournament participation is expected.