



2019 PBC TENNIS EXCELLENCE ELITE PROGRAM

WEEKLY PROGRAM

- 1 X 1hr Private lesson @ \$60
(Normal Commercial Price \$88)
- 2 X 1.5hr Squad sessions (4-6 players) @ \$30 per session = \$60
(Normal Commercial Price is \$45 per squad or \$90 for 2 squads)
- 1 X 1 hr Group Fitness Session (4-6 players) @ \$20
(Normal Commercial Price \$30 per hr)
- Unlimited FREE court hire =\$0 (* Conditions apply)
(Normal Commercial Price is \$15 per hr / eg.,2hrs = \$30)
- Individually designed & monitored personal " Periodised Training Program " covering :
 - a) Technical assessment and development of ALL strokes aided by the use of video analysis.
 - b) Tactical education and development of both singles and doubles play through practice match, tournament play and situational drill training.
 - c) Physical fitness focused on speed, power, agility, flexibility, aerobic & anaerobic endurance.
 - d) Nutritional and general health/life style guidelines
 - e) Psychological assessment, education and development.
 - f) Tournament schedule planning and support.
 - g) Help and assistance in the potential acquisition of "Player Sponsorship Packages " with preferred sporting companies eg., Wilson, Head , Babolat , Volkl .
 - h) Help and assistance in the potential acquisition of Tennis / Sporting / Educational Scholarships to USA Colleges through "Study and Play USA ".

++++ ONE OFF OPTIONAL additional fee of \$50 (Normal Commercial Cost of \$100) for a FULL "Anatomical Screening ",with a three month follow up assessment, of the athlete focused on :

- a) Injury Prevention and Recovery
- b) Structured development of physical fitness and overall performance levels.

TOTAL COST of PBC Tennis Excellence Elite Package is \$140 per week / \$1400 per Term INCLUDING Personally designed and monitored Annual Periodised Training Program.

(Normal Commercial price is \$238 per week / \$2380 per Term EXCLUDING Periodised Annual Program AND Player sponsorship Packages).



NB: The annual \$555 Tennis Excellence Program fee is “in Addition “ to the Elite Package.

NB: Elite Package fees are to be made payable to the PBC Friends Of Tennis in advance each Term.

NB: Players may elect to participate in the full Elite Package program OR elect to do a part thereof, at an adjusted Weekly/Term fee. (To be negotiated with the PBC Friends of Tennis)

NB: An instalment payment schedule can also be arranged in consultation with the PBC Friends of Tennis.

NOTEWORTHY BENEFITS OF THE PBC TENNIS EXCELLENCE ELITE PACKAGE PROGRAM

- Personal instruction , guidance and mentoring from Terry Saunders – Tennis Australia Elite Level Coach / Tennis Australia National Junior Development Coach
- Personal support from qualified experts in the fields of: Psychology, Nutrition, Fitness and Physiotherapy.
- Player specific Periodised Training Programs.
- ONE STOP SHOP :-
 - 1) Players can be dropped off and picked up from school and receive a comprehensive training / playing program without incurring the disadvantages of extra unnecessary travel , lost time and physical and emotional fatigue and the inherent extra costs.

This also has the added advantage of freeing up parents from the time, cost and stress of having to transport their children from venue to venue.
 - 2) Players become part of a TEAM and not only receive peer support but have a consistent “message “ being sent to them on the KEY areas of their development.
 - 3) Both Academic and Sporting development can be cohesively monitored by a qualified and caring team of mentors for optimal results.

For any enquiries or for further information please contact :-

Terry Saunders – Elite Program Head Coach

Mobile : 0414 620 203

Email : tsaunders.tennis@gmail.com

Tim Hart – PBC Director of Tennis Excellence

Mobile: 0481 261 738

Email: tchar94@eq.edu.au