

2019

TENNIS CAMP

RIDGE STREET TENNIS CENTRE

2/37 RIDGE ST, NORTH SYDNEY

\$199 p/person

7-9 January 2019

9am - 12pm

Monday 7 January will include a visit to the Sydney Apia International concluding at 3pm.

10 - 16 Years

BOOK NOW ON 0448 054 885

EMAIL - grandslam99@hotmail.com



**SYDNEY SPORTS
MANAGEMENT GROUP**



Advanced camp is designed for primary school children serious about their tennis. Intensive training drills including stroke technique, footwork, fitness and game strategy.

Areas that will be introduced:

- Footwork Training Drills
 - Fitness Training
- Biomechanical breakdown of stroke technique
 - Video Analysis
 - Game Strategy
- Motivation / Mental Preparation
 - Visualisation Techniques