

PRO ADVANTAGE ELITE TENNIS ACADEMY

Elite tennis players face a monumental task in their development. As you know, the physical and psychological demands for elite athletes are high, therefore Pro Advantage Elite Tennis Academy's programs balance the technical, tactical, psychological, and physical training sessions to achieve maximum development and empower the player for tennis and after tennis life.

All the Pro Advantage Elite Tennis Academy players are assessed at the start of their program and re-evaluated at regular intervals. Our programs limit the number of players per session which allows for each player to receive a greater amount of feedback enhancing their development. Additionally small group numbers allow for programs to be developed for each individual's needs.

The weekly Academy program includes:

1 ½ hour group session (4-6 players) involving tactical and point play.
1 ½ hour small group (2 players) including technical and psychological drills.
1 hour physical session.

Sports psychology program.

Take home physical program developed by South Australian Sport Institute
Per week player will be involved in 3 hours on-court and 1 hour physical training plus time for the sport psychology and physical programs.

All weights and audio materials relating to physical and sports psychological programs will be provided by Pro Advantage Tennis Academy free of charge.

Cost: \$85 + GST per week (Bookings and payments to be made in four week blocks)

OR

1 ½ hour group session (4-6 players) involving tactical and point play.
2 x 1 ½ hour small group (2 players) including technical and psychological drills.
1 hour physical session.

Sports psychology program.

Take home physical program developed by South Australian Sport Institute
Per week player will be involved in 4 ½ hours on-court and 1 hour physical training plus time for the sport psychology and physical programs.

Cost: \$120 + GST per week (Bookings and Payments to be made in four week blocks)

Please phone Josh Tuckfield on 0402 180 383 for any inquires.

Training venues:

Woodville Glengarry Tennis Club, Oval Rd, Woodville South.

Peake Garden Riverside Tennis Club, Bice St, Marlestone.

Memorial Drive Clay Courts

Assessments of players are required to ascertain eligibility.

Assessment cost: \$60 for 1 ½ session