

# evolve adult coaching

The following programme will operate at the Khandallah Tennis & Squash Club:

**Term 2 2024:** Monday 29 April – Friday 5 July (10 weeks)

**Term 3 2024:** Monday 22 July – Friday 27 September (10 weeks)

<b>Skill development</b>			
<b>Beginners (0-2 years)</b>	<b>Days</b>	<b>Time</b>	<b>10 wk cost</b>
Build stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. <b>1 Coach:6 Players</b>	<b>M</b>	<b>6:15-7:15pm</b>	<b>\$240</b> (1 day)
	<b>Tu</b>	<b>7:30-8:30pm</b> <b>1-2pm</b>	
	<b>W</b>	<b>7:30pm-8:30pm</b> <b>6:15-7:15pm</b>	
<b>Intermediate (2+ years)</b>	<b>Days</b>	<b>Time</b>	<b>10 wk cost</b>
Build consistency on all strokes, develop understanding of tactical fundamentals in doubles and singles, warm up and down routines, match routines. Encourage interclub tennis. <b>Ratio 1:6</b>	<b>M</b>	<b>7:15-8:15pm</b>	<b>\$240</b> (60min/1 day)
	<b>Th</b>	<b>7-8:30pm</b>	<b>\$315</b> (90min/1 day)
	<b>F</b>	<b>11:30am-12:30pm</b>	



<b>Performance</b>			
<b>Advanced Training</b>	<b>Days</b>	<b>Time</b>	<b>10 wk cost</b>
Build on tactical knowledge, develop 1-2 combinations, pre-match, during and post-match routines to maintain emotional control. Flexibility, strength and speed. <b>Ratio 1:6</b>	<b>Contact Evolve to arrange</b>	<b>90 minutes</b>	<b>\$315</b> (1 day)
	<b>Interclub Team Training</b>	<b>Days</b>	<b>Time</b>
Volley confidence, serve placement, groundstroke consistency, doubles positioning, team tactics.	<b>Contact Evolve to arrange</b>	<b>60-90 minutes</b>	<b>TBA</b>

<b>Private lessons</b>	<b>Days</b>	<b>Time</b>	<b>Per hour/half hour</b>
Structured for your individual game style and skill level. Private lessons are a great way to make rapid progress and make changes in your game. We have tiered pricing based on the qualifications and experience of the coach.	<b>Contact Evolve to arrange</b>	<b>30-60 minutes</b>	<b>Head Coach</b> <b>\$85 / \$50</b>
			<b>Senior Coach</b> <b>\$70-\$80 / \$42.50-\$47.50</b>

**For more information or to register contact:**

**Phone:** (04) 479 1386 **Email:** info@evolvetenniscoaching.co.nz

**evolve tennis coaching**

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