

Presented By

**PELACO BOROONDARA COACHING**

Please  which term and program you are enrolling for and nominate your preferred session.

- Term 1:** Monday 1st February, 2010
- Term 2:** Monday 12th April, 2010
- Term 3:** Monday 12th July, 2010
- Term 4:** Monday 4th October, 2010

**Development Squads**

**1.5 hr sessions: 252.00—9 weeks**  
(Term 1 will run for 8 weeks—224.00)

**2 hr sessions: 324.00—9 weeks**  
(Term 1 will run for 8 weeks—\$288.00)

- Monday 5—7 pm
- Tuesday 5:30—7:30 pm
- Tuesday 5:30—7 pm
- Wednesday 6—7:30 pm
- Thursday 5—7 pm
- Friday 5—6:30 pm

**Talent Squads**

**2 hr sessions: \$450.00—9 weeks**  
(Term 1 will run for 8 weeks—400.00)

- Monday 4—6 pm
- Monday 6—8 pm
- Wednesday 4—6 pm
- Wednesday 6—8 pm
- Thursday 4:30—6:30 pm
- Thursday 6:30—8:30 pm

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Post Code: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (m) \_\_\_\_\_

Email: \_\_\_\_\_ Australian Ranking: \_\_\_\_\_

Please provide details of previous coaching, competition & tournament experience and results:

**IT Tennis** are proud to offer their support to our developing juniors and will be affiliated with the Performance Programs. **IT Tennis** will be providing all players enrolled in one of our squads a special **VIP Membership**, which will entitle them to a 10% discount on all **HEAD** tennis products. Condition apply. This offer only applies for the duration of your time in squads at Boroondara.



**it tennis** is **NOW OPEN** at Boroondara Tennis Centre

*Our experienced team will provide you with:*

- >> high-tech stringing service
- >> quality sports clothing & footwear
- >> a wide selection of racquets that you can try before you buy
- >> and a huge range of tennis accessories

Great **SERVICE** - **COMPETITIVE** Prices <<

150 Bulleen Rd North Balwyn 3104  
we aim to make a difference telephone 9850 3399



# Boroondara PERFORMANCE PROGRAMS



- Performance Options
- Program Bonuses

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### Boroondara Tennis Centre

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 email: [info@boroondaratenniscentre.com.au](mailto:info@boroondaratenniscentre.com.au)  
[www.boroondaratenniscentre.com.au](http://www.boroondaratenniscentre.com.au)



Enrolment Form 2010

IT Tennis VIP Membership

The Boroondara Performance Programs aim to provide a clear and coordinated pathway for junior players towards achieving their own optimal performance. The program is intended to be a progressive series of squads where players can enter at the appropriate level and be guided through their development to ultimately become more complete and successful tennis players. The Boroondara Performance Programs are headed by John McCurdy, who brings a new level of experience and expertise to the Centre.

## Development Squads

**Squad Ratio:** 1 : 6 Coach / Player

**Program Costs:** \$252.00 (1.5 hour session) or \$324.00 (2 hour session) per 9 week term

**Session Duration:** 1.5 or 2 hours per session.

**Age Group:** 9 to 16 years

**Suitable for:** Low to Mid level competition players and basic tournament level players eg. Levellers, non-Australian Junior Ranking events

- **Program outline:** The Development Squads introduces players to the basic principles of match play and game structure. The squad covers on-court movement and fitness, provides an evaluation of grips and game style, improving court etiquette and a knowledge of the game, as well as an introduction to tactical and mental training. In this program we aim to give students the tools to progress further in the sport. The Development Squad is for those students wishing to progress from their regular junior classes further into the competitive side of the game. All players will have access to the additional **Performance Options** and **Program Bonuses**.

## Talent Squads

**Squad Ratio:** 1 : 5 Coach / Player

**Program Costs:** \$450.00 per 9 week term

**Session Duration:** 2 hours per session.

**Age Group:** 10 to 17 years

**Suitable for:** Mid to Higher level competition players or players in the Australian Rankings System

- **Program Outline:** Headed by **John McCurdy** the Talent Squads offer highly intensive tennis training in smaller ratio, more personal 2 hour sessions. The Talent Squads aim to further player's development in the areas of technical, tactical, mental and physical training, to directly enhance competitive performance. All players will have access to the additional **Performance Options** and **Program Bonuses**. From term 1 2010 John McCurdy will be here conducting these squads on Monday and Wednesday afternoons, although other days will also be offered.

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**PELACO BOROONDARA COACHING**

**John McCurdy** joined the coaching team at Boroondara in 2007 and will again head up the **Talent Squads** in 2010. John brings to our Squads a professional and innovative approach based on a lifetime involvement in tennis as a player, coach and manager.



- Former touring professional, highest ATP ranking of 80
- Former Head Coach AIS Tennis Programs & Australian Open Tennis Academy

## Performance Options

In addition to the regular weekly sessions which form the core of the Performance Programs, we are now offering a number of additional **Performance Options** to compliment these sessions and allow players to tailor their training to better suit their needs and goals.

## Tournament Scheduling and Weekly Planning

Individual consultations can be organized to discuss a player's options relating to tournaments and training, and to plan and formalize their individual playing schedules and weekly programs.

## Courses and Seminars

Courses for both players and parents will be conducted on various topics throughout the year.

- For Players: Match Tactics, Sports Psychology and Tournament Scheduling
- For Parents & Players: The System—an education seminar discussing the development pathway and choices available in tennis

## Program Bonuses

As members of the Boroondara Performance Programs all squad players will receive the following bonuses:

- IT Tennis VIP Membership - 10% discount on Selected stock (see reverse for details)
- Free use of Boroondara Tennis Centre courts on weekends to train. This offer is subject to court availability and only applies during quiet times. Bookings are essential.
- Boroondara Performance Programs HEAD T-Shirt

