

Elite Tennis International

Physical Testing and

Programming

Who?

Any player wishing to increase their tennis performance by gaining a higher level of fitness; Aimed at serious tournament players and/or players that take their competition seriously

Why?

To compete at a high tournament level, players need more than just good technique. Players need to gain an understanding of where their fitness is at and then train to improve all the components of fitness that relates to their needs as a tennis player

Components of Fitness –

Speed, Strength, Power, Cardio-vascular endurance, Agility, Flexibility, Recovery

When?

Testing is done on Saturday mornings at a time to suit

Cost

\$100 includes a written training program

Outcomes

Test results for which a program is designed around and can be compared to at regular test day intervals. Players will gain a better understanding of how physical fitness improves their game.

A written program for players and parents to follow for player improvement

Next Step

Talk to Matt & Zac about the benefits of completing this testing and gaining a program

These tests will be conducted by

Zac Howard – Bachelor of Exercise Science

Specializing in Performance Enhancement

Overseen by Matt Deverson – Tennis Australia Master Club Professional

Head Coach & Director of Player Performance

SPECIAL NOTE: ANYONE WISHING TO GAIN FITNESS AND IMPROVE HIS OR HER SPORTS PERFORMANCE CAN DO THIS. PLAYERS / FAMILY MEMBERS / OTHER SPORTS