

# POWA

## PRO SQUAD

Not your standard squad. The POWA Pro Squad is designed to be an intensive training block for competing players. Regular tournament players will benefit from the variance of strong hitters. The Squad is in small numbers to cater for individual requirements within a group environment. Fitness and high level tournaments/pennant playing required. Squad packages available in the POWA Performance Program.

If ranked between 50-500 in Australia, G1/2 Pennant or Top 10 in Australia at 13-16 years old, immediate entry is available. If you believe you play similarly to this standard, you will be welcomed for a trial.

### Pro Squad:

Duration	Cost	Time
2 hours. (sometimes food after)	\$35 per squad x length of term	Friday 5-7pm Sunday 2-4pm



## Pro Squad Structure:

- Group warm up
- Physical conditioning (footwork, agility)
- Mental conditioning (dealing with competitive tennis effectively)
- Drills with increasing intensity till breaking point (stress testing)
- Players work on both strengths and weaknesses
- Individualised tactical or technical drills with video analysis
- Open drilling with point play, players get to deal with variance of styles
- Competitive matchplay with varying formats
- Proper cool down, stretching
- Group lunch/BBQ/Dinner

Stefan Woolley – Registered Club Professional Coach

Venues:

POWA Tennis Rowville –  
Eildon Park Tennis Club, 69/75 Eildon Parade, Rowville VIC 3178

POWA Tennis Camberwell -  
Hartwell Tennis Club, 1082 Toorak Road, Camberwell 3124

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Payment is invoiced to player's email.