

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 are required. Squad packages are available in the POWA Performance Program.

Eligibility is generally 9+ UTR; however, some exceptions are based on trajectory and commitment. You will be welcomed for a trial if you believe you play similarly to this standard.

POWA Pro Squad has players all over Melbourne travelling to join. The squad has also developed many players who transitioned into U.S College and onto the ATP/WTA Tour.

Pro Squad:

Duration	Cost	Time
2 hours. (sometimes food after)	Upon enquiry, invoiced for length of term	Friday 4.45 - 6.45pm 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
- Sometimes group lunch/BBQ/Dinner
- Opportunity to join POWA Travel Trips to tournaments

Stefan Woolley – Registered Club Professional Coach

Venues:

POWA Tennis Rowville –

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

POWA Tennis Blackburn South -

Eckersley Tennis Club, 1 Eckersley Court, Blackburn South, 3130

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Payment is invoiced to player's email.