

# POWA

## PERFORMANCE PROGRAM

The POWA Performance Player Program is designed to an individually tailored training program for competing players. Players will benefit from the amount of coaching that caters to their specific needs. Private lessons are the most effective way in addressing player needs, combined with weekly layout to refine their skills. With three packages to choose from, players will benefit from the most cost-effective attention based training available. High-level hitting partners, POWA Performance Squad and Tournament Trips are all available. For Competing Juniors and Adults (ability depending, or those wanting to develop into a competitor). POWA has programs/equipment for everyone.



## Performance Program Structure:

- Weekly private lessons & attention
- Timetabling
- Fitness
- Tournament and competition calendar
- Tournament/comp watching and match analysis
- Tournament trips
- Mentoring and nutritional planning
- Psychological and personal development
- Technical, tactical and biomechanical analysis
- Full holistic approach for thorough development

## Performance 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
- Competition matches with ladder recorded over term
- Proper cool down, stretching
- Group dinner depending

## Performance Program Packages:

Package	Inclusions	Cost
Basic	Weekly 1x hour private lesson, 1x squad	\$120 x 10 weeks
Standard	Weekly 2x hour private lessons, 1x squad (50% off squad)	\$187.5 x 10 weeks
Full	Weekly 3 or 4 hour private lessons, 1x squad (included)	\$255 - \$340 x 10 weeks

Stefan Woolley – Registered Club Professional Coach

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