

TuksSport High School Tennis Programme



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

TuksSport

www.hpc.co.za


sport, science, knowledge

Background

The TuksTennis Academy is proud to announce the appointment of a new Head Coach, Prince Madema to run the academy programme from 2014. This academy is aimed at filling the void created by the relocation of the ITF Southern African Centre. The programme will be open to all players and provide an all-inclusive training environment for talented African players to develop and reach their full potential. Education, discipline, holistic development and a professional approach will be the cornerstones of this academy.



Mission

To produce African players that can compete on the world stage as well as represent themselves, their families and countries as first class citizens in society.

The secrets of success in performance tennis are complex, but a professional approach is crucial. The basic principles that will form a solid foundation for a high performance tennis player's performance are:

- Self discipline
- Professionalism
- Hard Work

Coaches

Head Coach: Prince Madema

- Former ITF Development Officer – East Africa
- ITF coaches Education tutor
- ITF International team travelling coach working with top junior players from around the world.
- ITF Level 3 coach

Assistant Coach: Rosemary Owino

Sport Scientist: Kirsty Querl



The Programme Packages

The programme will incorporate all aspects of a comprehensive training system. This will include: highly trained, experienced and passionate coaches and a scientific approach to physical conditioning, testing and monitoring specific to tennis. Players will get regular supervision and exposure to tournaments and tours both local and international as well as a choice of educational curriculums to accommodate the demands of tennis.

This programme will aim to nurture and develop each player, ultimately assisting players to gain university entrance in South Africa and overseas.

	Full Tennis Package	Limited Package	4x per week	3x per week	International Monthly Visitor Accom & Meals incl.
Coaching	X	X	X	X	X
Management	X				
Clothing	X	X	X	X	
Gym	X	X	X	X	X
Conditioning	X	X	X	X	X
SS Test	X				
FMS	X				
Video Analysis	X				
Psychology	X				
Nutrition	X				





Facilities

Situated on the University of Pretoria's, LC de Villiers Sport Campus there is a wealth of hard courts, Sport Science Gymnasium, Sport Science and Medical Unit which offers the following services: Doctors, Physiotherapy, Nutrition, Psychology, Sport Science, Video Analysis and Biokinetics. On site full board accommodation and transport are also included in the programme.



Other Services

- National and private visits to the tennis programme.
- Team training camps
- Provide coaches with education, coach experience and development.

Contact

Tuks SportAcademy Office

Email: academyoffice@hpc.co.za

Tel: 012 362 9875

Application: www.hpc.co.za click on

TuksSport High School & Sport programmes

