

# TuksTennis ACADEMY 2014



## Academy 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

- ITF Level 3 coach
- B(Sport Science) Degree UP
- ITF Travelling coach
- ITF Training Centre Coach (2009-2013)
- Kenyan Fed Cup Coach



### Sport Scientist/Physical Trainer: Kirsty Querl

- B(Sport Science)HONS
- Human Movement Science (Masters) to complete 2014
- ITF Training Centre Physical Fitness coach 2008-2013

## MISSION:

To produce African players that can compete on a world stage as well as represent themselves, their families and countries as first class citizens to 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 an hpc Tennis player's performance are:

- Self Discipline
- Professionalism
- Hard Work

|                           | Full Tennis Package | Full Tennis and S&C (Limited additional services) | 4 X per week | 3 x per week | Monthly International visitors<br>Acc & Meal incl. |
|---------------------------|---------------------|---|--------------|--------------|--|
| Training Fee              | R76289.00           | R63518.10   | R53518.10    | R43518.10    | 1 000 USD  |
| Coaching                  | X                   | X   | X            | X            | X  |
| Man Fee                   | X                   |   |              |              |  |
| Clothing                  | X                   | X   | X            | X            |  |
| Gym                       | X                   | X   | X            | X            | X  |
| Strength and Conditioning | X                   | X   | X            | X            | X  |
| SS Test                   | X                   |   |              |              |  |
| FMA                       | X                   |   |              |              |  |
| SS Video Analysis         | X                   |   |              |              |  |
| Psych                     | X                   |   |              |              |  |
| Nutrition                 | X                   |   |              |              |  |
| Performax                 | X                   |   |              |              |  |

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