



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

TuksTennis

Excellence Group Junior Programme

(age 14—18)

The TuksTennis Excellence Group Junior Programme focuses on principles of Train to Compete.

FUN and ENJOYMENT are still key in the area of development but more emphasis is placed on technical, tactical, mental & physical aspects.

Age Group	Training Day	Training Time	Compulsory Membership Fee	Fees
Excellence Group (age 14—18)	Mon, Tue, Wed, Thu & Fri	15:45 — 18:00	R 350.00	R 770.00/month (for 1 x session/week)

VENUE: TuksTennis Courts, UP Sports Campus, South Street

TuksTennis offers the Excellence Group Junior Programme to assist players to focus on the Learn to Compete principles of tennis:

- Speed, power & acceleration development
- Strengths & weakness—developing weapons
- Developing own style of play
- Individual goal setting
- Playing tournaments
- Beginning to compete and build ranking

For more information contact:

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 TuksSport

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www.up.ac.za/tukssport