



UNIVERSITEIT VAN PRETORIA  
UNIVERSITY OF PRETORIA  
YUNIBESITHI YA PRETORIA

# TuksTennis

## Junior Excellence Junior Programme

(age 14—16)

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

**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	Fees
Junior Excellence (age 14—16)	Mon, Tue, Wed, Thu & Fri	15:45 — 18:00	R 350.00	R 770.00/month (1 x session/week)

**VENUE:** TuksTennis Courts, UP Sports Campus, South Street

TuksTennis offers the Junior Excellence Junior Programme to assist players to focus on the Learn to Train 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:

Mk Thobejane  
TuksTennis Administrator  
012 420 6083  
tukstennis@up.ac.za



TuksSport



@TuksSport



TuksSport



**TuksTennis**

[www.up.ac.za/tukssport](http://www.up.ac.za/tukssport)