



talenTGroup



Easter Shanghai Tour 2010
(28th March – 3rd April 2010) – 7 days

The HKTA has organised an excellent training/sightseeing tour to Shanghai during this year's Easter Holidays. Players will receive training and match play experience at the world class SETA Academy under the direction of head coach Conrad Singh. In non-training times some sightseeing activities around Shanghai will be organised for our players. This is a valuable opportunity for our juniors to see and train with some of China's highest ranked juniors, as well as experience some of the local culture of another country.

Players will take part in the SETA "Part Time Programme", a performance programme allowing juniors the opportunity to develop and refine their technical, tactical, physical and mental skills in tennis. The programme runs for 4 hours/day and consists of on court training, video analysis, match play, fitness sessions and group mental sessions.

Captain Coach: Justin Trench

- Australian Tennis Professional Coaches Association Advanced (Level 2) Coach
- HKTA Talent Group Coordinator
- HKTA National Training Squad Coach
- Experienced Tournament Travel Coach/Manager
- Former Assistant Head Coach at the UQ Tennis Centre
- Tennis Queensland Talent Identification Coach
- Team Captain/Coach of the University of Queensland Men's Tennis Team
- Australian University Games Silver Medalist



Eligible to Apply: 11-17 years old

(Applicants who are not training in the HKTA programmes need to attend a Playing Ability Test)

Sign-up deadline : Mar 1!!

PLEASE SIGN UP EARLY – We welcome everyone who is eligible to participate; players in HKTA training programme will have highest priority to join this tour. It should be noted that numbers are limited and applicants must confirm by 1st Mar. Easter Holiday is peak time for flights to Shanghai and we may not be able to confirm seats for late applicants. HKTA has the right to cancel the tour if the enrolment number is not enough.

**Fees are based on the current airfare and exchange rate. Adjustments will be made to the tour fee subject to change in the event of flight changes, or other unforeseeable circumstances.



Itinerary:

Departure Date: 28 Mar 2010 (Sun)
Return Date: 3 Apr 2010 (Sat)
Flight: To be confirmed

Tour Fee:

Early Bird Discount (On / Before 23 Feb 2010)

TG Players

HK\$ 8,400 (by cheque only!)

HK\$ 8,610 (by credit card including surcharge)

Non TG Players

HK\$ 8,750 (by cheque only!)

HK\$ 8,970 (by credit card including surcharge)

Tour Fee after 23 Feb 2010 to 1 Mar 2010

TG Players

HK\$ 8,750 (by cheque only!)

HK\$ 8,970 (by credit card including surcharge)

Non TG Players

HK\$ 9,100 (by cheque only!)

HK\$ 9,330 (by credit card including surcharge)

Payment Terms:

1. To enroll for this tour, please (1) complete the Enrolment Form and (2) return it with the Payment before March 1.

To enjoy the Early Bird Discount, please enroll before March 1.

*For *cheque* payment, please make 2 cheques, one for \$1100 deposit and another for the balance payment, both dated March 1.

*For *Credit card* payment, please state the details of your credit card clearly on the Enrolment Form. Transaction will be made on March 1.

2. Any cancellation / withdrawal after March 16, the deposit will be levied.

The tour fee covers airfare, tournaments entry fees, coaching fee and travel insurance, local transportation & those expenses for accommodation & meals specified. All other expenses are the responsibility of the players.





Shanghai Elite Tennis Academy (SETA), Shanghai, China

Head Coach – Conrad Singh (Australia)

- SRC Head Tennis Professional / Director SETA Elite Program
- Tennis Coaches Australia – Elite / High Performance Coach
- PTR Professional, Bach Sports Science – Biomechanist / Bach. Education – Deakin University Australia
- Published Author on Biomechanics & Lecturer to Tennis Australia & PTR China



Coaching Experience:

- 1993 – 1997 Various Assistant Coaching Positions - Melbourne, Australia
- 1998 – 2000 David Lloyd Leisure - London and Western Europe/ Touring Professional players Coach
- 2000 – 2001 Head Coach - Albert Reserve Melbourne Australia / VIS & AIS Assistant Coach
- 2001 – 2004 Director Full Time Professional Players Program / Biomechanist / Head Coach Vida ITA Melbourne, Australia – Grand Slam and Professional Tour Coach
- 2004 – 2005 Biomechanist / Head Coach Sakurada Club, Tokyo Japan - Touring WTA Tour
- 2005 - Present Director SRC's SETA / Head Tennis Professional / Biomechanist - Shanghai, China, ATP, WTA and ITF Touring Professional -

Career Highlights:

- Distinguished results Nationally in Australia throughout Junior career – defeated Mark Philippoussis (ATP 8 & Andrew Ilie (ATP 38) in Juniors as well as numerous other eventual top 200 Professionals. Australian Junior National Doubles Champion 1991
- Professional club tennis & various Satellite & Prize Money tournaments – Australia & Europe (1998 - 2000)
- Worked Mary Pierce WTA 3, Nadia Petrova WTA 4, Marion Bartoli WTA 8 & numerous other WTA Top 50 Players as well as Peter Luczac ATP 67, Chris Guccione ATP 60, Joe Sirianni and numerous other ATP touring players. Conrad has coached all over the world and has developed national Number one ranked players from Australia, Japan, China, Russia, England, Portugal, Singapore & Hong Kong. He has also coached World Number one juniors such as Miho Kowase (Japan), Andrew Thomas (Australia) as well as Top 50 ITF Juniors Dino Datoli (Australia), Marija Mirkovic (Australia), Sevvly Gallios (Australia), Ryo Sekiguchi, and Daniel Wendl (Australia)
- Coached players at Australian Open, French Open, and Wimbledon & US Open & Tour level events for both WTA, ATP & ITF players

Personal:

Conrad arrived at SRCA in February 2005 and has since developed and implemented the Elite Player Pathway to the SRC Club Program.

He Initiated and is Director of the Shanghai Elite Training Academy (SETA) and has a real passion for developing players in a holistic manner, with a strong focus on Biomechanics. His Personal Coaching Philosophy has been proven over time and by the success he has achieved as a World Class Professional: "Teach what is essential, encourage what is natural and allow for each individual, whilst maintaining repetition and focusing on quality".



Shanghai Racquet Club & Apartments Facilities include:

- 6 Har - Tru clay courts, 6 indoor hard courts, 1 stadium hard court
- 60-meter outdoor swimming pool with sandy beach and 3 jacuzzis
- 2 squash court, aerobics, beach volleyball and fitness classes
- Indoor swimming pool with lap lane, lagoon pool and jacuzzi
- Basketball, badminton, table tennis, and games area
- Fully equipped state-of-art fitness centre and aerobics studio
- Casual and fine dining facilities
- Bars and restaurants, library with free wireless internet
- Supervised childcare center and childrens playground
- Comfortable locker rooms and lounges
- Dragonfly therapeutic retreat with hair & nail salon
- On-site medical clinic
- Shuttle bus to and from down town every hour free
- Team pickups/dropoffs and transportation





Boarding/lodging and Food:

28th March - 2nd April:

Players will be staying on site at the SETA Academy in Club Suites accommodating 4 players per suite. Players will have access to all facilities of the Shanghai Racquet Club, whilst training at the SETA academy.

Accommodation includes breakfast every day.

Lunch and dinner can be purchased near the Shanghai Racquet Club and players should budget roughly 200 RMB per day to cover these meals and any drinks and snacks they wish to purchase during the day.



Training:

Training will be run from 29/3 – 3/4. Training usually starts at 9am (or earlier at 7am) and continues until 5 or 7pm every day depending on the progress. Programme covers on court, mental, SMAP Biomechanical assessment, fitness as well as set play with the players from Shanghai.

Whenever appropriate, evening or half day programmes will be arranged for players to visit down town Shanghai; the Yu Yuen Gardens for historical sightseeing or the Hong Qiao Pearl market.

VISA: Obtaining the necessary visas is your responsibility (including visa fees).

Parents/Housing:

Players must stay with the team during the entire tour. Special housing arrangement with parents, other players and friends are not allowed. The HKTA provides players not only with the opportunity to take part in top level competition but also the invaluable experience of traveling abroad independent of parental care and part of a team under the guidance of the HKTA Coach, which is equally important. As such we would advise against parents attending the tour other than for exceptional reasons. We have also attached a guideline for player traveling for your attention.

In order to confirm your acceptance of this invitation, you are required to complete the attached reply form and return with the cheque payable to the HKTA or the credit card details by 26 Feb 2010.

Should you have any enquiries, please do not hesitate to contact the HKTA office on 2504 8593.



TOURING REGULATIONS

Whilst you are on tour you are expected to listen to your coach and obey his/her instructions at all times.

- You must always be polite to your hosts and be respectful of all the other opponents.
- You should never at any time make fun of or make any rude or impolite comments to any other players, coach, official or spectator.
- Bad language from any team member will not be tolerated and could lead to expulsion from the team.
- Never leave the hotel or grounds unless you have the permission of the coach.
- Stay in your designated rooms unless you have permission from the coach to visit another room.
- At no time should any player enter the room of a player of the opposite sex.
- You should eat with the team at all times unless you have permission from the coach.
- Eat sensibly and listen to the coaches recommendations regarding when to eat and what to eat.
- Do not go anywhere near a swimming pool unless you are under the supervision of the team coach and have permission from your parents to enter the pool whilst on the trip.
- If you are in the pool please remember that you are there for exercise not for fooling around and never push any other players into the pool or play around in the water.
- If any players are found not to be behaving in a manner befitting a member of a Hong Kong Touring team the manager/captain has been given the authority to immediately ship the offending player home.

Please also be reminded of the Code of Behavior below for players that you are expected to adhere to at all times

- Abide by the rules of tennis and the rules of the particular competition.
- Be a good sport in victory and defeat. Acknowledge good performances by your opponent.
- Be fair, no matter what the cost. Follow the ITF Tennis Etiquette and Rules for both umpired and non-umpired Matches.
- Believe in the honesty of your opponents and accept their line calls in matches played without an umpire.
- Treat all players, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- Respect the decisions of officials and administrators, making all appeals through the proper process and accepting the final decision.
- If there is any problem during a match with another player, parents, coaches, supporters or spectators, call for the referee to resolve the matter.
- Control your temper. Physical abuse, verbal abuse, audible obscenities, visible obscenities or threatening behavior to a player or any other person is not acceptable or permitted.
- Do not use performance-enhancing drugs. The use of performance enhancing drugs and doping practices is contrary to the ethics of sport and is potentially harmful to the health of athletes.
- Do not play in a competition when intoxicated. If under 18 years of age do not consume alcohol during or in connection with any competition.
- Do not gamble on the outcome of any match.
- During or in connection with any competition, do not engage in any activity that is unlawful and do not engage in any acts of discrimination or sexual harassment, abuse or vilification.
- Show appreciation of the efforts of officials and administrators. The majority are volunteers and without them there would be no competitions in which you could compete.