

HKTA Easter Training Camp 2011

The Hong Kong Tennis Association is offering you an intensive training camp during the 2011 Easter holiday, with various exciting and different training programmes. During this Easter camp, cognitive skills, physical fitness, mental toughness and sportsmanship will be highlighted. It will also give you an opportunity to make new tennis friends.

The HKTA camps give our players a great opportunity to take their tennis to the next level whilst learning from our professional coaches in a fun and relaxed environment. The programmes emphasis is on sound fundamentals, from correct footwork and grips to sound biomechanical stroke production and efficient movement.

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| In-Charge Coaches: | |
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| Eric Chung (CL3) (HKTA Technical Executive) | Edgar Wong (CL3) (HKTA Professional Coach) |
| For reference only. The HKTA reserves the right for any changes. | |

We will also work on how you can become a better match player/tournament player. Learn how to use different tactics against different players and how to get the most out of tennis.

Objectives:

Players of all levels - novice, beginner, intermediate and advanced.
Players will be divided into groups for training, according to age and ability.

Main areas to be covered:

Technical correction, Tactical correction, Fitness & Match play

Inclement weather Arrangement:

We do not offer any make up lessons for the Camp unless the whole training session is cancelled.

*Back up date will be scheduled on 2 May 2011, 11-2pm at HKTA Tennis Centre, Kowloon Tsai Park

First come first serve

TG Players will have priority to attend this camp

Eligible to: 8-16 years old players

Coach to Players ratio is approx. **1:6**

Entry deadline:

15th April 2011

*Acceptance list will be uploaded on www.tennishk.org 3 working days after the entry deadline.

Camp Fee: HK\$1,200