

UWCSEA EAST TENNIS SCHEDULE AND INFORMATION 2017/18







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INFANT SCHOOL TENNIS

	LEVEL/ STAGE		SEASON 1 11 th Sept – 3 rd Nov 2017	SEASON 2 6 th Nov – 2 nd Feb 2018	SEASON 3 5 th Feb – 4 th May 2018	SEASON 4 7 th May – 14 th Jun 2018
PAID ACTIVITIES PROGRAMME	DEVELOPMENT Red and Orange		Mon 2:05-3:05pm Wed 2:05-3:05pm Fri 2:05-3:05pm	Mon 2:05-3:05pm Wed 2:05-3:05pm Fri 2:05-3:05pm	Mon 2:05-3:05pm Wed 2:05-3:05pm Fri 2:05-3:05pm	Mon 2:05-3:05pm Wed 2:05-3:05pm Fri 2:05-3:05pm
	PERFORMANCE Red and Orange		Mon 2:05-3:05pm Wed 2:05-3:05pm Fri 2:05-3:05pm	Mon 2:05-3:05pm Wed 2:05-3:05pm Fri 2:05-3:05pm	Mon 2:05-3:05pm Wed 2:05-3:05pm Fri 2:05-3:05pm	Mon 2:05-3:05pm Wed 2:05-3:05pm Fri 2:05-3:05pm
OTHER TOURNAMENT OPTIONS	PERFORMANCE Red and orange		JTT Mini - U8 Sunday morning		JTT Mini - U8 Sunday morning	
WEEKEND PROGRAMME (AT DOVER ONLY) -time based on age/level	DEVELOPMENT Red Orange		Saturday 8:30-9:30am	Saturday 8:30-9:30am	Saturday 8:30-9:30am	Saturday 8:30-9:30am
	PERFORMANCE Red Orange		Saturday 8:30-9:30am	Saturday 8:30-9:30am	Saturday 8:30-9:30am	Saturday 8:30-9:30am







*For more information on all tennis options please refer to pages 6 - 11
For an explanation of Level and stages please [click here](#)*

JUNIOR SCHOOL TENNIS

	LEVEL/ STAGE	SEASON 1 11 th Sept – 3 rd Nov 2017	SEASON 2 6 th Nov – 2 nd Feb 2018	SEASON 3 5 th Feb – 4 th May 2018	SEASON 4 7 th May- 14 th Jun 2018
PAID ACTIVITIES PROGRAMME	DEVELOPMENT Orange and Green  <i>NB: Grade 2 and 3 are at UWC East Grade 4 and 5 are at STC offsite</i>	Grade 2 and 3 Mon 3:10-4:25pm Wed 3:10-4:25pm Fri 3:10-4:25pm Grade 4 and 5 Mon 4:00-5:30pm Fri 4:00-5:30pm	Mon 4:00-5:30pm Wed 4:00-5:30pm Fri 4:00-5:30pm TBC	Mon 4:00-5:30pm Wed 4:00-5:30pm Fri 4:00-5:30pm TBC	Mon 4:00-5:30pm Wed 4:00-5:30pm Fri 4:00-5:30pm TBC
	PERFORMANCE Orange and Green  <i>NB: Grade 2 and 3 are at UWC East Grade 4 and 5 are at STC offsite</i>	Grade 2 and 3 Mon 3:10-4:25pm Wed 3:10-4:25pm Fri 3:10-4:25pm Grade 3, 4 and 5 Mon 4:00-5:30pm Fri 4:00-5:30pm	Mon 4:00-5:30pm Wed 4:00-5:30pm TBC	Mon 4:00-5:30pm Wed 4:00-5:30pm TBC	Mon 4:00-5:30pm Wed 4:00-5:30pm TBC
SCHOOL TEAM	PERFORMANCE 11/U (Grade 3-5) <i>Trials will be held on August 29th and 31st, 2017</i> 	BOYS A, B, Tue 5:00-6:30pm Thurs 3:30-5pm GIRLS A, B Tue 3:30-5pm Thurs 5:00-6:30pm			
OTHER TOURNAMENT OPTIONS	PERFORMANCE 	Lacoste JTTL S2 Spex	JTT MASTERS Spex	Lacoste JTTL S1 Spex	Lacoste JTTL S1 JTT Masters Spex
WEEKEND PROGRAMME (AT DOVER ONLY) -time based on age/level	DEVELOPMENT Orange Green 	Saturday 8:30-9:30am 9:30-10:30am	Saturday 8:30-9:30am 9:30-10:30am	Saturday 8:30-9:30am 9:30-10:30am	Saturday 8:30-9:30am 9:30-10:30am
	PERFORMANCE Orange Green 	Saturday 9:30-10:30am 10:30-12pm	Saturday 9:30-10:30am 10:30-12pm	Saturday 9:30-10:30am 10:30-12pm	Saturday 9:30-10:30am 10:30-12pm







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MIDDLE SCHOOL TENNIS

	LEVEL/ STAGE	SEASON 1 11 th Sept – 3 rd Nov 2017	SEASON 2 6 th Nov – 2 nd Feb 2018	SEASON 3 5 th Feb – 4 th May 2018	SEASON 4 7 th May – 14 th Jun 2018
PAID ACTIVITIES PROGRAMME	DEVELOPMENT Yellow 	Mon 4:00-5:30pm Fri 4:00-5:30pm	Mon 4:00-5:30pm Fri 4:00-5:30pm	Mon 4:00-5:30pm Fri 4:00-5:30pm	Mon 4:00-5:30pm Fri 4:00-5:30pm
	PERFORMANCE Yellow 	Wed 4:00-5:30pm Fri 4:00-5:30pm	Wed 4:00-5:30pm Fri 4:00-5:30pm		
SCHOOL TEAM	PERFORMANCE 14/U (incl 12/U) Trials will start Tues 6 th Feb, 2018 			BOYS A, B Tue 5:00-6:30pm Thurs 3:30-5pm GIRLS A, B Tue 3:30-5pm Thurs 5:00-6:30pm	<i>Continued from S3</i> BOYS A, B Tue 5:00-6:30pm Thurs 3:30-5pm GIRLS A, B Tue 3:30-5pm Thurs 5:00-6:30pm
OTHER TOURNAMENT OPTIONS	PERFORMANCE 	Lacoste JTTL S2 Spex	JTT MASTERS Spex	Lacoste JTTL S1 Spex	Lacoste JTTL S1 JTT Masters Spex
WEEKEND PROGRAMME (AT DOVER ONLY) <small>-time based on age/ level</small>	DEVELOPMENT Yellow 	Saturday 10:30-12pm	Saturday 10:30-12pm	Saturday 10:30-12pm	Saturday 10:30-12pm
	PERFORMANCE Yellow 	Saturday 10:30-12pm	Saturday 10:30-12pm	Saturday 10:30-12pm	Saturday 10:30-12pm

*For more information on all tennis options please refer to pages 6 - 11
For an explanation of Level and stages please click here*

HIGH SCHOOL TENNIS

	LEVEL/ STAGE	SEASON 1 11 th Sept – 3 rd Nov 2017	SEASON 2 6 th Nov – 2 nd Feb 2018	SEASON 3 5 th Feb – 4 th May 2018	SEASON 4 7 th May – 14 th Jun 2018
PAID ACTIVITIES PROGRAMME	DEVELOPMENT Yellow 	Wed 4:00-5:30pm Fri 4:00-5:30pm	Wed 4:00-5:30pm Fri 4:00-5:30pm	Wed 4:00-5:30pm Fri 4:00-5:30pm	Wed 4:00-5:30pm Fri 4:00-5:30pm
	PERFORMANCE Yellow 	Wed 4:00-5:30pm Fri 4:00-5:30pm	Wed 4:00-5:30pm Fri 4:00-5:30pm	Wed 4:00-5:30pm Fri 4:00-5:30pm	Wed 4:00-5:30pm Fri 4:00-5:30pm
SCHOOL TEAM	PERFORMANCE 19/U (incl 16/U) 	PRE-SEASON: BOYS A SQUAD Mon 5:00-6:30pm GIRLS A SQUAD Wed 5:00-6:30pm Fri 5:00-6:30pm (Trials will be held on August 28th and 30th, 2017 with only a squad of 10 boys and 10 girls selected)	BOYS A, B Mon 5:00-6:30pm Wed 3:30-5pm Fri 5:00-6:30pm (A only) GIRLS A, B Mon 3:30-5pm Wed 5:00-6:30pm Fri 3:30-5pm (A only)		
OTHER TOURNAMENT OPTIONS	PERFORMANCE 	Lacoste JTTL S2 Spex	JTT Masters Spex	Lacoste JTTL S1 Spex	Lacoste JTTL S1 JTT Masters Spex
WEEKEND PROGRAMME (AT DOVER ONLY) <small>-time based on age/ level</small>	DEVELOPMENT Yellow 	Saturday 10:30-12pm	Saturday 10:30-12pm	Saturday 10:30-12pm	Saturday 10:30-12pm
	PERFORMANCE Yellow 	Saturday 10:30-12pm	Saturday 10:30-12pm	Saturday 10:30-12pm	Saturday 10:30-12pm

*For more information on all tennis options please refer to pages 6 - 11
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PAID ACTIVITIES PROGRAMME

GROUP TENNIS COACHING

Age:

The After School Group coaching programme is offered to all students from infant to high school.

Schedule:

The days and times have been kept consistent all year to provide consistency and ease of planning. Please refer to the Schedule for Infant, junior, middle and high school for options and timetable.

Levels:

Following the international tennis federation (ITF) guidelines, the correct coloured low compression ball and court size based on age and ability are used. Within the stages of coloured balls we offer progressive levels from development to performance. It is important to get the level of groups correct to ensure all players are training with a similar ability so use the colour stages and levels as a guide to register. Coaches will also assess on the first day. Click here for an in-depth description.

Coaching Team:

The UWCSEA East Coaching team is made up of Savitar Tennis Professionals comprising of Head Professionals Paul Ambrose and Paul Millendez and Program Manager Goran Ahlstrand.

Coaching Content: *Our goal is to provide a pathway for tennis participation and development while creating a fun environment in which to learn.* Our coaching programme emphasises developing all areas of the game – technical, tactical, physical and mental, whilst building and enhancing players' love of the sport and sportsmanship.

Feedback:

At the end of each season, every player will receive a feedback card based on the colour stage and level they are in with feedback from the coaches to help ensure players and parents are kept informed of players' progress. Coaches may also recommend a change in level for the next season.

Cost:

\$26.50 per hour (sessions are 60 – 90min long, and billed per season)

Ratio:

6-1 student/coach. (Players will be split into sub-groups based on age and ability).

Venue (Junior, Middle and High School): Savitar Tennis Centre: Fairmont Hotel, Level 8 80 Bras Basah Road, Singapore 189560.

A bus and chaperone will take students to the location for the 4pm (bus leaves at 3.15) a session. Parents please collect students from STC at the end of the session. If required a bus will return to school at the end of each session. Please visit www.savitar.sg for directions to the location.

Infant Location: drop Off/pick up: Infant coaching is held at school at the infant hall or play area. Coaches will collect students. Parents please collect from the infant hall/plat area at the end of class.

Free Taster Season 1:

For those that are not familiar with our Tennis programme children can attend a free session to meet the coaches and have a go! Please see the debrief/activity sign up for more information.

Sign Up:

Sign up through the online school activity sign up process

SEASON	SCHOOL TEAMS IN SEASON	NUMBER OF TEAMS (10 players per team)	TRAINING AND MATCH DAYS
SEASON 1 28 th Aug – 3 rd Nov, 2017 9-10 weeks	11&U (GRADE 2-5) *(Trials start 29th and 31st August)	BOYS: A, B GIRLS: A, B	Tue 5:00-6:30pm / Thurs 3:30-5pm Tue 3:30-5pm / Thurs 5:00-6:30pm
	19&U Pre-season Incl 16&U (GRADE 9-12) *(Trials start 28th & 30th August)	BOYS: Squad of 10 GIRLS: Squad of 10	Mon 5:00-6:30pm Boys Wed 5:00-6:30pm Girls
SEASON 2 6 th Nov – 2 nd Feb, 2018	19&U Incl 16&U (Grade 9-12) (Trials start 6th Nov)	BOYS: A, B GIRLS: A, B	Mon 5:00-6:30pm / Wed 3:30-5pm Fri 5:00-6:30pm (A only) Mon 3:30-5pm / Wed 5:00-6:30pm Fri 3:30-5pm (A only)
SEASON 3 5 th Feb – 4 th May, 2018	14&U Incl 12&U (GRADE 6-8) (Trials start 6th Feb)	BOYS: A, B GIRLS: A, B	Tue 5:00-6:30pm / Thurs 3:30-5pm Tue 3:30-5pm / Thurs 5:00-6:30pm
SEASON 4 7 th Apr – 14 th Jun, 2018	Ongoing	CONTINUED FROM S3	CONTINUED FROM S3

AgeGroups/Seasons:

Teams are split into age groups, with each age group training and competing in their respective season. Group coaching outside of the season and for those that are not selected for the school team, is offered through the paid activities group programme.

Competition:

All teams compete in the ACSIS School competition playing against other international schools in Singapore. Matches are played during training days. 19/U also competes in SEASAC. Depending on the schedule we also have opportunities to compete in other competitions in Singapore and abroad throughout the year including Fobisia.

Coaching Team:

The UWCSEA East Coaching team is made up of Savitar Tennis Professionals comprising of Head Professionals Paul Ambrose and Paul Millendez and Program Manager Goran Ahlstrand, supported closely by the UWCSEA East Chair of Activities, Nick Dunn.

Sign Up:

Sign up for trials through the online school activity sign up process.

Coaching Content:

Our coaching programme emphasises developing all areas of the game – technical, tactical, physical and mental, whilst building and enhancing players' love of the sport and sportsmanship. More emphasis in-season is placed on tactical, physical and mental as we are competing, which is a vital area of players' games that often they need more of.

Trials:

School Team Trials are held at the start of the season. Players that trial, at a minimum are expected to be able to rally and serve. 10 players are selected per team. You must attend all trials. Those that are not selected are able to join the group tennis coaching which is offered through the Paid Activities Programme and weekend Programmes.




Team Training and Match Schedule:

For all teams in season, the training and match schedule will be updated weekly and sent to players and parents.

Location:

Tanah Merah Country Club, Garden Course 25 Changi Coast Road, Singapore 499803. A bus and chaperone will take students to the location for both the 3.30 (bus leaves at 3.15) and 5pm (bus leaves at 4.30pm) sessions. Parents please collect students from Tanah Merah at the end of the session. If required a bus will return to school at the end of each session. Please visit www.tmcc.org.sg for directions to the location.

WEEKEND GROUP COACHING

Season	Level/stage	Age	Saturday/time
Season 1 26 th Aug – 11 th Nov, 2017	Red Development Red Performance Orange Development	 4 – 7 yrs	8:30am - 9:30am
Season 2: 18 th Nov – 3 rd Feb, 2017 / 18	Orange Performance Green Development Green Performance	 7 – 10 yrs	9:30am - 10:30am
Season 3: 24 th Feb – 31 st Mar, 2018	Green Performance (10yrs) Yellow Development Yellow Performance	 10 – 16 yrs	10:30am - 12pm

SCHEDULE 2017/18:

The weekend programme runs Saturday mornings over 4 seasons, with breaks during UWCSEA school holidays.

ELIGIBILITY:

The weekend group-coaching programme is open to UWCSEA and non-UWCSEA students from age's 4years to 16 years. UWCSEA students receive a 10% discount.

SCHEDULE:

We follow the UWCSEA Seasons (4) throughout the year, and have breaks in the school holidays.

LEVELS:

Following the international tennis federation (ITF) guidelines we use the correct coloured low compression ball and court size based on age and ability. Within the stages of coloured balls we offer progressive levels from development to performance. It is important to get the level of groups correct to ensure all players are training with a similar ability so please use the colour stages and levels as a guide to register. Coaches will also assess on the first day. Please [click here](#) for a detailed description.

COACHING TEAM:

The programme is run by the UWCSEA Dover Coaching Team, which is made up of Savitar Professional tennis coaches comprising of Director of Tennis Roberto Roldan, Head Professional Johan Guba and Tennis Professionals Patrick Escobar and Goran Ahlstrand. Please [click here](#) for bios.

COACHING CONTENT:

Our coaching programme emphasizes developing all areas of the game – technical, tactical, physical and mental, whilst building and enhancing players' love of the sport and sportsmanship.

FEEDBACK:

At the end of each season, every player will receive a feed- back card based on the colour stage and level they are in with feedback from the coaches to help ensure players and parents are kept informed of players' progress. Coaches may also recommend a change in level for the next season.

COST:

UWCSEA Students \$27 per hour (incl GST) (sessions are 60 – 90min long, and charged per season)
 NON UWCSEA Students: \$30 per hour (incl GST) (sessions are 60-90min long, and charged per season)

RATIO:

6-1 student/coach. (Players will be split into sub-groups based on age and ability).

Venue:

UWCSEA Dover, 9 Tennis Courts, Rain or shine (covered option available).

Sign Up:

To sign up [CLICK HERE](#) or go to www.savitar.sg click locations – UWC Dover

TOURNAMENT OPTIONS

UWCSEA Program Manager Goran Ahlstrand also oversees JTT which is managed by Savitar. JTT runs various tournaments throughout the year largely played at UWCSEA, Dover. These tournaments are open to all UWCSEA and non UWCSEA players, with UWCSEA players given a discount to enter.

Lacoste Junior Team Tennis League (8-17yrs):

Team tennis competition for junior tennis players of all ages. It provides players with valuable singles and doubles match play opportunities as well as to be a part of a team. You may enter with a team or as an individual or we can place you on a team. There are U10, U12, U14, U17, each with an A and B division to cater to all levels. There are two seasons per year, each running for 7 weeks. Season 1 is played March-May and Season 2 is September - November, with on average 80 teams and 550 participants.



JTTL MASTERS (8-17YRS):

At the end of each season JTT runs a singles tournament for all players that have competed in the JTTL. This is during school holidays or weekends.

JTT MINI (5-8YRS):

JTT Mini is a fun morning of tennis for all young tennis enthusiasts, ages 5 years to 8 years old. It is designed to ensure their first experience of tennis competition is positive. It encourages a higher success at serving and rallying by using bigger, slower, softer balls and smaller courts. JTT Mini is an action packed 2.5 hours of round robin singles matches, fast moving, with easy scoring, different opponents, and a focus on fun. There are 2 tournaments per JTTL seasons, with 4 tournaments in total per year. Last season we had over 40 players per tournament.



For more information on JTTL, JTT Mini and to enter please visit www.savitar.sg click junior team tennis or [click here](#).

STA: SINGAPORE TENNIS ASSOCIATION

STA is the governing body of tennis in Singapore. They hold 3-4 junior tournaments throughout the year called "Spex". These are played during local school holidays and are therefore during school time, offering singles and doubles knock out tournaments. For our U19 students you could also play the intermediate or open tournaments that are played in the evenings and weekends. For more information please go to the STA website: www.singtennis.org.sg



Savitar Tennis Camps

at UWCSEA, Dover Campus

Friday Fun Day!
(5th day option available)



Camps run during all UWCSEA School Holidays

Most camps are 4 days, 9am - 12pm with afternoon options available

3 DIFFERENT "SUB CAMPS" TO CHOOSE FROM:

Mini Tennis

Age: 4-7 years
Level: Beg/Int

Red/Orange Balls

Will be conducted indoors in the junior sports hall. Using low compression balls, 1/4 court & mini nets. Emphasis on technique, rallying & fun.

Junior Development

Age: 7-14 years
Level: All Levels

Orange, Green, Yellow Balls

Introducing and enhancing basic fundamentals with emphasis on technique, footwork & rallying.

Performance

Age: 10-14 years
Level: Int/Adv

Yellow Balls

For players with match experiences. Main focus on strategies and tactics through live drilling and game situations to enhance learning.

All Sub Camps will be divided into groups according to their skill level & age. We can assess on the first day to place in appropriate group.

Additional Extras (Afternoon options only available for those participating in the morning camp)

1) Lunch

12pm-1pm, lunch and supervised free time on the tennis courts or playground.

2) Lunch + Match Play

1pm-3pm, organized match play, 70% singles, 30% doubles. **For Junior Development & Advanced**

3) Lunch+ Skill Enhancement

1pm-3pm, developing fundamental skills, such as coordination, agility & balance. Done through a variety of games and exercises and not tennis. **For Mini and Junior Development**

Costs:

UWC Student	Non UWC Student
\$260	\$285

Additional Extras:

Lunch	Lunch+ Matchplay	Lunch+ Skill Enhancement
\$50	\$150	\$150

Note:

- 9 hard courts with an on court ratio of maximum 8:1 per coach
- Camp is on rain or shine (with wet weather option undercover)
- Tournament / Games Day on last day for all groups. Prize giving will take place at 12pm on last day

ONLINE REGISTRATION: Please [CLICK HERE](#) or go to www.savitar.sg, click 'Locations', 'UWCSEA-Dover Campus' For further enquiries please contact UWCSEA Director of Tennis, dovertennis@uwcsea.edu.sg or H/P 9646 5703

PRIVATE COACHING

The UWCSEA Coaching team are available to provide private tennis coaching throughout the week either at Tanah Merah or the Savitar Tennis Centre.

Private coaching is an ideal option to work on all areas of your game specifically technique and tactical. Although group coaching does address technique, private lessons are ideal to work exactly on what you personally need to progress, and plans will be customised to suit your level of play and goals.

Below is an outline of the costs for one on one coaching:	UWCSEA Students	Non UWCSEA Students
Director of Tennis	\$85 plus GST	\$90 plus GST
Head Tennis Professional:	\$80 plus GST	\$85 plus GST
Tennis Professional:	\$75 plus GST	\$80 plus GST

For coaching rates for private groups (2 or more people) please contact us direct.

For a list of the UWCSEA East Coaches please [click here](#).

For all tennis enquires regarding group coaching and private coaching please contact:

Goran Ahlstrand - UWCSEA Program Manager
easttennis@uwcsea.edu.sg or H/P: 9646 5703

UWCSEA EAST COACHING TEAM



Paul Ambrose Head
Tennis Professional

Paul is a Head Professional and also Events & Operations Manager at Savitar. Hailing from New Zealand, Paul was among the countries' top junior players. He represented New Zealand at tournaments and events around Australia and Asia during his youth. Following this, he played one season of club tennis in Wangen, Germany before moving to the US to play Division 1 college tennis for the University of North Carolina, Asheville where he attained a Bachelors degree in Psychology.

Over the past decade Paul has been coaching at some of the top clubs and academies around Europe, North America, and Asia.

He holds a RPT Director of Tennis coaching certification and will be on court sharing his experience with the Junior program attendees at the Savitar Tennis Centre. Paul has extensive experience organising tournaments and events internationally.

A native of the Philippines, Paul Millendez started playing competitive tennis at the age of nine-years-old. Paul competed against some of the country's top players, earning a top ranking in the boys' 12s-18s age division. At the prestigious University of Saint La Salle – Bacolod City, Paul continued his on-court success, receiving a full tennis scholarship. Paul earned his Bachelor of Science degree in Nursing and is a registered nurse.

Paul's coaching qualifications include:

- the RPT Europe and International Professional Tennis Director Certification
- Estess Athletic University Level 5 Coaches Certification
- Professional Tennis Coaches Association Certificate of recognition regarding RPT Education Program
- International Coaches Institute Tennis Professional Certification
- USPTA Level Elite Professional
- First aid certified



Paul Millendez
Head Tennis Professional



Goran Ahlstrand
Program Manager

Goran Ahlstrand, from Sweden, has spent many years playing competitive tennis. He has always had a passion for the sport and furthered his coaching career in Shanghai, along with running his own company. He moved to Singapore in 2015 and has been coaching juniors and adults at the Savitar Tennis Centre and Singapore American School. Goran was also managing the tennis programmes, specifically the paid group programmes.

Goran has obtained a PTR certification and the AATC accreditation level 1 and 2.