

Elite Tournament Training Camp at UWCSEA Dover Campus

Week 1: Monday 16th Oct - Friday 20th Oct (Wednesday is a public holiday)
 Week 2: Monday 23rd Oct - Thursday 26th Oct (Tournament option)
 Xmas: Monday 18th December - Thursday 21st December (Tournament option)

**AGE: 11-15 years
 FOR TOURNAMENT LEVEL
 PLAYERS**

**(UWCSEA School A Teams,
 JTTL A Teams or equivalent)**

- Players will work on technical, tactical, physical, and mental parts of their games, based on the highly successful 'tetafime' programme developed in Spain
- They will develop winning strategies to help make them 'Tournament Tough'

Key areas of training:

Tactical Training

Point Construction
 Principles of pattern play
 Tactical court positioning
 Playing styles

Technical Training & Video Analysis

Mental Training

Goal Setting Visualization/
 Believing Routines &
 Rituals Anxiety Control

Physical Training

Goal setting and testing
 Speed & Agility Plyometric
 exercises Reaction time &
 Anticipation

Please Note: Early Bird price valid until Oct 8!

Coaches: Camp Director - Roberto Roland, Head Professional - Johan Kriek Guba,
 Director of Tennis - Robin Palmer

Costs: \$475 with a 10% early bird discount for registrations on or before Oct 8. And UWC students will get a further 10% off the Early Bird or Regular price depending on when they sign up

	UWC Student	Non UWC Student	5th Day Elite Invitational Tournament
4 Day Camp:	\$428	\$(+)	\$50

Note: • Elite Invitational Tournament (Additional 5th day, 3-6pm): Will only be offered on: October Week 2 and Xmas. In camp or invited players only
 • Once registered you will be contacted by the coaching team to confirm your slot.



ONLINE REGISTRATION: Please [CLICK HERE](#) or go to www.savitar.sg, click Locations,

For further enquiries, please email * [!æ @savitar.sg [!ÁÐÁÍ | Î Á Î €H