

PHOENIX SQUAD



The phoenix Squad is a new initiative designed to provide a structured year long training programme at school for our school team players.

The phoenix squad provides an extensive programme for our school team players to train with their peers and the UWCSEA Dover Coaching team all year round. Tennis is predominantly an individual sport. But the team environment we see with our School teams is strong. Everyone benefits from training together, and pushing each other to work hard and improve whilst being part of a team. This is culminated when in season they then compete together. We want to provide this environment year long, giving the coaching team a great platform to really work hard on developing the players games out of season as well as in season.

Eligibility:

Only those students either intending to trial for the school team or having competed for the school team in the current year are eligible to register. Depending on numbers and level we may have to trial the first week.

Schedule:

As best we can, we have tried to keep the training days the same all year (although times vary). Please refer to the Schedule for junior, middle and high school for days and times or below is a summary. We recommend training twice per week Phoenix Squad: (out of season training days)

Season 1:	14/U - Tues/Thurs (For those trialing S3)
	19/U - Mon/Wed (for those not in pre-season)
Season 2:	11/U - Tues/Thurs (Those in team S1)
	14/U - Tues/Thurs (For those trialing S3)
Season 3/4:	11/U - Mon/Fri (Those in team S1)
	19/U - Mon/Wed (Those in team S1)

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 Professional Patrick Escobar.

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 written feedback from the coaching team broken down into the 4 areas of their game (technical, tactical physical and mental). This is to help ensure players and parents are kept informed of the players' progress. If players have individual coaches, we are always available to discuss with them also.

Cost:

\$24.00 per hour incl GST (sessions are 90min long, and billed per season). There is a 10% discount from paid activities. All school team training in season is free of charge.

Ratio:

6-1 student/coach with a 4:1 ratio per court.

Sign Up:

Sign up through the online school activity sign up process.