



2018 TENNIS SCHEDULE

DECEMBER 2018	PROGRAM	VENUE / TIME
Monday 17 th	Training One – Court skills Injury prevention and maintenance	8.00am – 12noon 12.45pm – 1.45pm
Tuesday 18 th	Training Two – Court work Goalsetting	8.00am – 12noon 12.45pm – 1.45pm
Wednesday 19 th	Training Three – Court work Nutrition	8.00am – 12noon 12.45pm – 1.45pm
Thursday 20 th	Training Four – Sprint work / footwork Court work	8.00am – 9.00am 9.00am – 12 noon