



Madras Club

Special Tennis Camp

Dear Members,

Based on popular demand we are continuing the Special Tennis Camp for the second time. Please find below the details.

COACHING TEAM

- ✂ **Ajai Selvaraj**, Head Coach who was a part of a professional academy since November 2014 and has conducted summer camps at the Besant Nagar club from April 2014.
- ✂ He has Professional experience in handling all age groups and also players playing at the international level.
- ✂ Ajai Selvaraj was ranked as high as 924 in the world and participated in tournaments like Chennai Open, ITF etc.
- ✂ His team will also comprise 2 Assistant Coaches & 1 Fitness trainer.

THE PROGRAM

- ✂ The program will cater to Adults & Children
- ✂ The children's program will be designed on the basis of level of play and age group
- ✂ Every session would be for 2 hours comprising of 30 mins of fitness, 70 mins of tennis and 20 mins of games
- ✂ The program will be designed and run by Head Coach Ajai Selvaraj and assisted by 2-3 assistant coaches and a fitness trainer
- ✂ The program will be conducted on Saturdays and Sundays
- ✂ Charges for the session is Rs. **2500/-** per person per month (GST extra)
- ✂ The above mentioned rates are applicable for both children and adults

DATE AND TIMING

Dates : Month 1: Jul 1st – 31st, 2019
Month 2: Aug 1st – 31st, 2019
Timing : Saturday – 7.30 am to 9.30 am
Sunday – 7.30 am to 9.30 am
Court : Clay Courts






THE GAME

Beginners & Intermediate Program

- Basic motor skill drills
- Hand – eye coordination workouts
- Stroke introduction
- Hand feed ball drills
- Games

Advanced Program

- Serve drills
 - Hand feed ball drills (Ground Strokes)
 - Technique Correction (Ground Strokes)
 - Footwork drills
 - Rally drills
 - Points
 - Match Play
 - Games
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Adult Program

- Box drills (Cardio Related)
- Box drills (Technique Related)
- Rally
- Points
- Match Play

For those interested please contact the club office or tennis marker Mr. Naveen.

J.S. Malhan

Member In-Charge - Racquet Sports

Sharath Vijayaraghavan

Honorary Secretary