



Madras Club

# Special Tennis Camp

Dear Members,

We are re-launching the special tennis camp for Adults & Children. Please find below the details of the coach.

## 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

<b>Dates</b>	<b>:</b>	<b>Month 1: Feb 1st – 28th, 2020</b> <b>Month 2: Mar 1st – 31st, 2020</b>
<b>Timing</b>	<b>:</b>	<b>Saturday – 7.30 am to 9.30 am</b> <b>Sunday – 7.30 am to 9.30 am</b>
<b>Court</b>	<b>:</b>	<b>Clay Courts</b>





## 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
- 

### Adult Program

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

Those interested, please contact Tennis Marker Naveen (9841712732)

**Harishankar Balaji**

Member In-Charge - Racquet Sports

**P. B. Biswajit Babu**

Honorary Secretary