



TENNIS TRAINING DAY

SUNDAY 29TH APRIL 2018

11.00AM – 4.00PM

IN ASSOCIATION WITH



Professional delivery by Professionals

Denstone College
College Road
Denstone
Staffordshire
ST14 5HN

5 hours of 'elite' level coaching - only £39 incl. vat

Meet the coaches...

The Ethan Mason Sports Ltd team possess vast experience and world-class expertise in coaching tennis.



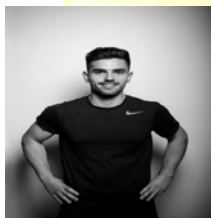
ARNAUD BENIDOR
DIRECTOR & COACH

'Arnie' is a LTA & USPTA qualified coach with over 15 year's experience. A former ATP Tour player, he was the hitting partner for: Tommy Haas, Mark Philipoussis, Martina Hingis, Justine Henin, Monica Seles, Serena & Venus Williams among others....



PAUL BAYLISS
DIRECTOR & COACH

Paul is a LTA qualified coach with over twenty year's experience. Paul has tutored and mentored over 700 coaches who now live and work across the globe.



ASHCON REZAZADEH
STRENGTH & CONDITIONING COACH

Ashcon is in high demand for his specialist expertise by many professional athletes. Now coach to two-time Grand Slam winner Victoria Azarenka and recently, his services were sought by none other than Sir Andy Murray.

These fully qualified coaches will run a series of individual skills and match play sessions, after which they will assess each player's tennis abilities.

They will then discuss their conclusions with you (and your parents if under 18), and provide expert advice on how you can improve your ability and progress.

The Training Day will include the 4 key elements of tennis: Technical, Tactical, Physical, and Mental.

Schedule

11.00am:	Welcome
11.10am:	Warm up
11.30pm:	Coaching
1.00pm:	Lunch Break <i>(please bring your own lunch)</i>
2.00pm:	Coaching
3.30pm:	Warm down
3.50pm:	Debrief from coaches
4.00pm:	Training Day ends

To book your place(s); please inform Arnie Benidor by tel: 07799 656364 or by email: arnie@ethanmasonsports.com

Payment in full is required by Friday 20th April 2018.

PAYMENTS

By bank transfer: Reference: Denstone Training Day
Bank: Barclays A/c name: Ethan Mason Sports
Sort code: 20-85-13 A/c number: 73899527

By cheque:

Payable to 'Ethan Mason Sports' and please send to the address opposite.

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Book your place now for an exciting and enjoyable day to remember!