



Queensland
Tennis Centre

ACADEMY

QTC HIGH PERFORMANCE SQUAD *CULTIVATE*

- Train up to 6 squads per week
- Up to 15 hrs week
- Sessions are 4 x 2.5hrs each + 2 x 1.5hrs each
- Sessions consist of on court training and off court fitness
- Includes up to 4 x 30mins fitness, movement and flexibility training per week

Phase: Cultivate – High Performance Training and Competition at AMT and ITF Junior Circuit, achieving technical excellence, implementing preferred game plans with use of individual weapons, physical development working towards maximizing upper and lower body rates.

Special Bonus Offer!

- Commit to two training sessions per week and receive a QTC Membership. Includes FREE court hire day or night. ***(Valued at up to \$740 per year)***
- Commit to three training sessions per week and receive FREE Fixture Matchplay plus a QTC Membership. ***(Valued at up to \$1460 per year)***

16+ years | Up to 6 Squads per week
Sessions are 4 x 2.5hrs each + 2 x 1.5hrs each

Coaching Times

Saturday	
Monday	4:30 – 7:00pm
Tuesday	6:30 – 8:00am 4:30 – 7:00pm
Wednesday	4:30 – 7:00pm
Thursday	6:30 – 8:00am 4:30 – 7:00pm
Friday	

Term Dates

Term 1	
Term 2	
Term 3	Monday 13 th July
Term 4	Tuesday 6 th October

*For more information or to book call **3214 3800** or visit us at the Proshop.*

Queensland Tennis Centre, King Arthur Tce, Tennyson, QLD 4105

P (07) 3214 3800 E proshop@qldtc.com.au

www.queenslandtenniscentre.com.au