



Dalkeith Adult Pennant Training

The revised Winter Tennis League season will start soon. Player nominations due on the 10th June and the nomination form is now on the club website. Matt Carle will run an organized preparation training session for competition players and details can be found below. This session is intended to be higher intensity and competition based. Please call Matt if you have any questions regarding these sessions. All competition players are welcome.

Time: Wednesday 6.30-8.00pm (Starting June 10th)

Cost: \$20 per session (non-members \$25)

Goals:

- Prepare players for the season return through volume-based drills and situational play.
- Focus on point construction and doubles play.
- These sessions are less technical in nature and more based on situations encounter in matches.

Attendance: Please confirm attendance before midday each Wednesday.

Matt Carle

MastaStroke Tennis System

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