



# GIANT *Tennis* SQUAD

- Enhanced Squad Program
- Specialised Coaching
- Improved Program Structure
- Expertise & Planning
- Introducing Technology & Monitoring
- Creating Tennis Players

## THE 2022 GIANT SQUAD PROGRAM IS SET TO...

## COMBINE GIANT COACHING EXCELLENCE



### AIDAN FITZGERALD

- Tennis Australia Club Master Professional Coach & Winner 2021 Tennis Victoria Coaching Excellence Award



### STEPHEN STORER

- Tennis Australia Club Professional Coach with over 40 years tennis coaching experience

## ...WITH PROFESSIONAL EXPERTISE

### BRETT HILLIER

- Managing Director & Co Founder of Lasvit Tennis, who specialise in working with performance programs, players & parents
- Experienced Touring Coach, has worked at major international Tennis academies
- Program developer: e-learning platform to educate, monitor and provide specialised training



### JASON FULCO (COACH JAY)

- Director of Performance at Superior Athletics Training (New York)
- Speed Coach and Movement Specialist
- Works with professional American athletes (NFL players)
- Coach Jay will guide the strength & conditioning, speed, and high performance movement component of the program



RAISE THE BAR IN 2022!

## ...TO ACCELERATE YOUR DEVELOPMENT

# GIANT Tennis SQUAD 2022

## LEAD UP SQUAD

Limit: 20 Students

- 1 X Squad Training Session per week
- 1 X 60min Group Lesson per week
- Access to the Lasvit Web Platform, featuring;
  - Custom online courses and videos
  - GIANT Tennis Hub
- Age specific training
- Take part in minimum 2 tournament trips, 2 UTR tournaments and a squad challenge match throughout the year

Thursday  
4.30-6 pm

10 Squad  
Sessions/Term  
10 Lessons/Term

\$375/Term

## GIANT SQUAD

Limit: 15 Students per Group

- 1 OR 2 X Squad Training Session/s
- 1 X 60min Group Lesson per week
- Access to the Lasvit Web Platform, featuring;
  - Custom online courses and videos
  - GIANT Tennis Hub
- Age specific training
- Working with strength & conditioning, speed, and high performance movement coaches for 1 X 30min specialised session/week (Squad 1 students to complete in their own time)
- Take part in minimum 3 tournament trips, 2 UTR tournaments and 2 squad challenges throughout the year

Tuesday  
6-8 pm

10 Squad  
Sessions/Term  
10 Lessons/Term

\$475/Term

OPTION 1

Monday &  
Thursday  
6-7.30 pm

18 Squad  
Sessions/Term  
10 Lessons/Term

\$580/Term

OPTION 2

## HIGH PERFORMANCE SQUAD

6-8 Students

- 3 X Squad training sessions
- 1 X 45min Private Lesson per week
- Access to the Lasvit Web Platform, featuring;
  - Custom online courses and videos
  - GIANT Tennis Hub
- Cognitive brain training
- Monitoring "Rate of Perceived Exertion" (RPE)
- Access to brain training application
- Personal screenings and assignments
- Working with strength & conditioning, speed, and high performance movement coaches
- Take part in minimum 3 tournament trips, 2 UTR tournaments and 2 squad challenges throughout the year

Monday  
4.30-6 pm  
Wednesday  
6.30-8 am  
Saturday  
9-10.30 am

25 Squad  
Sessions/Term  
10 Lessons/Term

\$1,065/  
Term