

**POWA**  
**INFORMATION**  
**HANDBOOK 2021**

# POWA

## *VISION. MISSION. PHILOSOPHY*

Vision: Creating a lifestyle around tennis

Mission: Every player that is enrolled in a POWA Program has an individually tailored learning pathway to best facilitate their tennis development. POWA is driven by anything and everything for improvement

Philosophy:

POWA Tennis was conceived out of a passion for helping people and seeing their joy from learning something new in a creative way. We thrive on the sense of two-way learning as we are not satisfied until the player is on the right track. We always find a way to make something work for the player and provide conceptual paths to explore tennis with a holistic approach.

Involving clients with the tennis community can grow their network and skills at the same time, therefore fast-tracking learning and opportunities. Our coaching edge comes from the time we spend watching and analysing players play their matches as this scenario is the only realistic outlet to see what happens on the court, from there we develop a tennis plan specifically tailored to how they develop their overall game.

As we have specialised coaches in a variety of mediums, POWA is able to provide programs from beginners all the way up to ATP/WT level players. There is not a client with a specific need that POWA cannot help thrive and create opportunities in their tennis learning.

The POWA Performance Program is designed to be an individually tailored training program for competing players. Includes: weekly private lessons/squads, timetabling, fitness, tournament and comp calendar, tournament trips, mentoring and nutritional planning, psychological/personal development and technical/tactical/biomechanical coaching. POWA has already transitioned many juniors to play in Pro events or signed to U.S College.

POWA has been on numeral trips around Australia to play and compete as a group. All keen players will be offered the chance to travel as a group.

POWA also offers holiday clinics, school clinics and events/group building opportunities to involve pupils, members, families and friends.



### Private Lessons:

Private Lessons are specific to the individual's needs and have a creative approach to enhancing technical, tactical, mental and fitness conditioning. Visual video analysis is used frequently and is available to the individual to share. These sessions can be adjusted to the players requirements by involving more intensity or more closed and specific technical learning based on their learning type. Hitting partners can also be involved if necessary.

Lessons can be completed 1:1 or 1:2 (Semi-Private) if prefer to split the time and cost with a friend. A semi-private lesson is a more personalised alternative to a group lesson, and the improvement is fast-tracked.

Contact me for further information and information about how I can suit your needs. Lessons run for 30, 45 or 60 minutes. Available to all ages and standards.



**Stefan Woolley**  
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**LOCATION:**  
Eildon Park Tennis Club  
69/75 Eildon Parade  
Rowville, VIC 3178



POWA Tennis



@powatennis



POWA Tennis



# POWA TENNIS

## Tennis Programme

### Squads:

#### POWA Progression Squad -

For players in competition, POWA coaches now start to encompass a more holistic approach to the individuals learning. Squads cover a variety of circumstances and how they can use their developed technique with tactical outcomes in competitive situations. POWA Tennis is big on off-court personal development and players can start to design their tennis pathway with their coach. (WDTA B and C Grade), 1.5 hours.

#### POWA Performance Squad -

For players in higher grades of competition and willing to train hard to make the transition to the top. (WDTA A Grade, Senior Pennant, Ranked Tournament Player), 1.5 hours.

#### POWA Pro Squad -

Not your standard squad. This is the highest level of training at POWA. Designed to be an intensive training block for those wanting to play Pro tennis or College tennis. These players prioritise competition and tournaments. Players benefit from the variance of high level hitters in an ultra competitive environment over 2 hours. Most of these players are involved in the POWA full time program. (Invitational or Application by meeting criteria/training equivalent to Top 500 Men AR Men, Top 150 AR Women), 2 hours.

### Group Lessons:

#### Hot Shots -

Hot Shots is a world famous junior program for kids taking their first steps in tennis. Hot Shots is designed for kids to succeed in tennis development whilst having fun. For Juniors aged 3-12 (ability depending). POWA has programs/equipment for every child. Maximum of 6 players per coach. 30-45 minutes.

#### Intermediate Group Lessons -

For those moving onto the yellow ball (13-18 or earlier if necessary), lessons now go for 1 hour and are designed to run still in a fun environment, although with more focus on how this age group develops through competition, social or fitness needs.

#### Adult Group Lessons -

Small groups maximum of 6, for 60 or 90 minutes that focusses on simple fixes and enhancements in your overall game whilst playing against others. Best suited if you have a team or group of friends that wants to play and learn together.

#### Cardio Tennis -

Super popular and better than gym! 60 minutes of high intensity, calorie burning exercise through the game of tennis. Develop your skills and work out in the fresh air with the music pumping. The best thing, no tennis experience needed and all drills are catered to group requirements.

# POWA TENNIS

**LOCATION: EILDON PARK TENNIS CLUB, 69/75 EILDON PARADE, ROWVILLE VIC 3178**

## **Junior Group Lessons:**

Hot Shots (3-12+ years old)

Blue Stage/Launch Pad (3-5 years old) 30 min - **\$20**

Red Ball, Orange Ball, Green Ball (4-12 years old) (1:6) 45 min - **\$20**

Intermediate Group Lessons (13+ years or on yellow ball) (1:6) 1hr - **\$20**

## **Adult Group Lessons:**

Adult group lesson (1:6) 1hr - **\$20**

Cardio tennis (1:8) 1hr - **\$20**

## **Squads:**

POWA Progression Squad (WDTA B and C Grade) 1.5hr - **\$32.50**

POWA Performance Squad (WDTA A Grade, Senior Pennant, Ranked Tournament Player) 1.5hr - **\$32.50**

POWA Pro Squad (Invitational or Application by meeting criteria/training quality equivalent to - Top 500 AR Men, Top 150 AR Women, G1-3 Winter Pennant) 2hr - **\$35**

## **Private Lessons/Semi-Private:**

30m = **\$45** / 45m = **\$70** / 1hr = **\$85**

**Semi-Private lessons - price is split between two players (sibling, family, friend or other)**

**M: 0404 226 713**

**E: [STEFAN@POWATENNIS.COM.AU](mailto:STEFAN@POWATENNIS.COM.AU)**

**[WWW.POWATENNIS.COM.AU](http://WWW.POWATENNIS.COM.AU)**



**POWA TENNIS**



**@POWATENNIS**



# POWA

## PERFORMANCE PROGRAM



The POWA Performance Player Program is designed as an individually tailored training program for competing players. Players will benefit from the amount of coaching that caters to their specific needs. The most recurring issue for developing players we see is that they can play well, although they aren't maximising their time throughout the week to get the extra parts needed to break through. Unlike regular coaching or academies, our program uses a 'Success Management Plan' which realistically designs the player's whole week so that even if they aren't being coached, their days are still structured. The plan balances a heavy focus on tennis whilst achieving their other school/work requirements. POWA Performance Squad and Tournament Trips are all available. For Competing Juniors and Adults (ability depending, or those wanting to develop into a competitor). Enquire today if you are interested in maximising your potential.

**Scholarship Program:** POWA is looking to help support more tennis athletes to strengthen Australia's representation in the sport. We understand that tennis is very expensive to play full time and that many families are balancing multiple sibling's sports. As of 2020, we are proud to announce the new scholarship program. POWA will offer to partially subsidise eligible players training costs so that more money can be used to cover their extras, ie: travel, tournaments, stringing and remedial. Keen players who are not currently eligible may be offered a scholarship as they develop in the regular program (ie - start playing ITF, international ranking). Enquire for more information and eligibility.

**Current touring ATP/WTA players may be eligible for a full scholarship.**

## Performance Program Structure:

- Weekly private lessons & attention
- Timetabling
- Fitness
- Tournament and competition calendar
- Tournament/comp watching and match analysis
- Tournament trips
- Mentoring and nutritional planning
- Psychological and personal development
- Technical, tactical and biomechanical analysis
- Full holistic approach for thorough development

## Performance Squad Structure:

- Group warm up
- Physical conditioning (footwork, agility)
- Mental conditioning (dealing with competitive tennis effectively)
- Drills with increasing intensity till breaking point (stress testing)
- Players work on both strengths and weaknesses
- Individualised tactical or technical drills with video analysis
- Open drilling with point play, players get to deal with variance of styles
- Competition matches with ladder recorded over term
- Proper cool down, stretching
- Group dinner depending

### Performance Program Packages:

Package	Inclusions	Cost
Basic	Weekly 1x hour private lesson, 1x squad	\$120 per week
Standard	Weekly 2x hour private lessons, 2x squad	\$240 per week
Full	Weekly 3 or 4 hour private lessons, 2x squad	\$325 - \$410 per week

Stefan Woolley – Registered Club Professional Coach

#### Venues:

POWA Tennis Rowville –  
Eildon Park Tennis Club, 69/75 Eildon Parade, Rowville VIC 3178

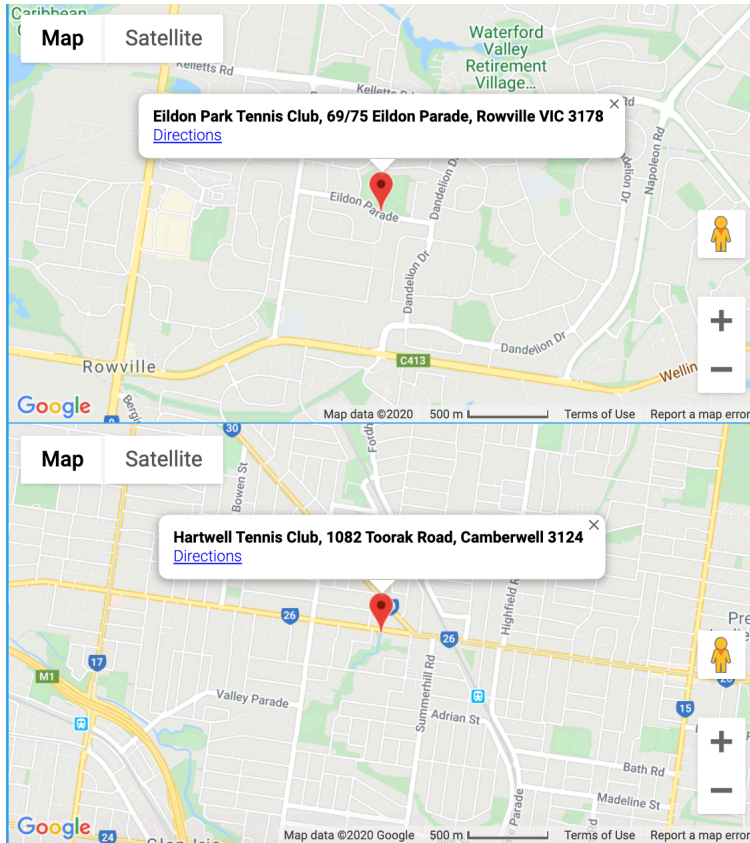
POWA Tennis Camberwell -  
Hartwell Tennis Club, 1082 Toorak Road, Camberwell 3124

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Payment is invoiced to player's email.



# EILDON PARK ROWVILLE

# HARTWELL CAMBERWELL

powatennis.com.au



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POWA grades based on playing level of the player. The program is designed to be an individually tailored program for each player. Training, technique, strategy, and mental preparation are all covered. POWA also offers holiday clinics, school clinics and weekend programs. POWA also offers tennis coaching for all ages and levels. POWA also offers tennis coaching for all ages and levels.

POWA has been an integral part of the tennis community for many years. POWA has been an integral part of the tennis community for many years.

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**Tennis Programme**

**Group Lessons:**

POWA offers a variety of group lessons for all ages and levels. The program is designed to be an individually tailored program for each player. Training, technique, strategy, and mental preparation are all covered. POWA also offers holiday clinics, school clinics and weekend programs. POWA also offers tennis coaching for all ages and levels. POWA also offers tennis coaching for all ages and levels.

**Private Lessons:**

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**Squads:**

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