

# TOP RANK TENNIS TEAM

## Adult & Junior Tournament Team

**Day & Evening Training** One day a Week 2 hours, for four weeks. *All Ages* Amount = \$48 monthly **Days & Evening schedules**

### Tryouts & Invitation only Program. Scholarships available

*The goals of top rank tennis Tournament Team is to develop serious tennis players of all levels & ages by helping them use their unique abilities and drive to succeed.*

**TOP RANK TENNIS** is a four part Learning Experience

### •Part 1: Athleticism

Training exercise using a mixture of plyometrics, endurance training, strength training and stretching for dexterity.

### •Part 2: Repetition

#### Stroke production BioMechanics

Point design feed drills that will teach the trainee, strategy, court awareness, consistency & power.

### •Part 3: Live drills and Points

Using strategies learned, Point situation problem solving, style development, confidence building, Point Construction

### •Part 4: Sets and Match play

Team ladder matches, best of 7 sets, tiebreakers, doubles, quick tournaments. In order to play well you must practice sets and tournaments. ***“Practice may not make things perfect but it sure makes things better.” - Brad Gilbert***

***“I can tell you the incredible athleticism that it takes to play it well. In tennis, the greater the athlete you are the greater your ability becomes to win and the more you separate yourself (from the field). From that standpoint, it requires strength, it requires fitness, it requires eye-hand (coordination), it requires every component.” - Andre Agassi***

*All Program Participants will receive 25% off CoachV's Stringing and 40% off Private Lesson.*

## COACHV TENNIS PROGRAMS

**Tournament TOTS:** One Day A Week. 45-Minutes a day. Amount \$18 monthly, Ages 4 - 7

**Strikers Classes:** One Day a Week. 1-Hour a day Amount \$24 monthly, Ages 9 to 16

**Varsity and Junior Varsity Tennis Training:** One day a Week. one and a half hours a day (1.5hr) Amount = \$36 monthly, Ages 11 to 18

**ALTA / USTA Team Coaching** One day per week 2-hours a day = Amount \$48 or 1.5 hours = \$36 monthly

### PROGRAMS DEVELOP

- Building Self-confidence
- Establishing Values & Goals
- Enjoyment Fun and Good Sportsmanship
- Fitness and Professionalism
- Understanding, Communication & Learning
- NO Excuses
- YES Integrity

***“You Can have a good time at tennis and still be serious about it.” - Rod Laver.***



Personalized coaching & positive reinforcement



Clear & Simple Demonstrations



Trainees Warming up for Play

To sign up for programs please completely fill out the contact form & sign the medical assistance/release.

### Mall to:

William Vazquez -Coach V Tennis Services  
1001 Burnt Hickory RD NW , Club house  
Marietta GA 30064  
Ph# (678) 836 - 7665

Player's Full Name - Level of Play = A B C or NTRP

Parent or Guardian

Mailing Address

County, City, State, ZIP

Home, Work and Cell Phone

Email Address

Referred by

### Method of Payment(Check one)

Invoice  Cash  Check  Credit Card

*(credit card Payments processed through PayPal and are subjected to taxes and fees.)* Discovery cards not excepted.

Full Name on Card

CC#

Security number on back of card#

Exp date:

Billing address

County, City, State, ZIP

Name of Program, Call for Availability or check online

**Refer 5 new players get free 1-month membership Names, Phone# & Emails Required**

to schedule a Interview for The Top Rank Tennis Tournament Team   
<mailto:CoachV@TennisLessonsGA.com?subject=interview> / Tryout



1001 Burnt Hickory RD NW ,  
Marietta, GA 30064  
678-836-7665

CoachV@TennisLessonsGA.com  
[www.TennisLessonsGA.com](http://www.TennisLessonsGA.com)



**SPONSORS:**

**SPORTS AUTHORITY** 850 Cobb Place Boulevard  
Kennesaw , GA 30144  
(770) 426-1444



Lindsey Gravitt - Leasing Consultant  
get a free 45min tennis lesson! For more  
info call 770.423.1999



**COACHV TENNIS  
HEAD PRO**

**William Vazquez - CoachV  
Certified Professional**

- Trained Under:  
**Tom Blake** (*James Blake father*),  
**Colin Dibley** (*former fastest server  
in the world*),

**Karen Buchholz** 2009 VP of the  
USTA (*NY Knicks Trainer, former Olympics  
committee member, & Former WTA Tour Player.*)

- **CoachV Reached Top Ten** in the Mens Open Eastern Division in 2006, 2007, the number one player from the Bronx, NY for 12 months straight in 2007.

- **CoachV is Top Ten** in Southern GA Mens Open singles and Mens 30's singles in 2008.

**COACHING PHILOSOPHY**

“There is No Right or Wrong way to Hit the Ball.”



UNITED STATES TENNIS ASSOCIATION



**Services Provide by CoachV**

- Private & group tennis lessons
- Racquet care & stringing
- Adult & junior classes
- Cardio tennis & fitness training
- Tournament training for high performance
- Incomparable service & pricing
- Coaching for USTA & ALTA team tennis
- Excitement, fun, etiquette & faster learning

*“The best Practice is done with a real partner in conditions as close as possible to a real tennis match.” - Pancho Gonzales*

**PERMISSION TO PROVIDE EMERGENCY MEDICAL TREATMENT  
RELEASE AND HOLD HARMLESS AGREEMENT**

Realizing the nature of this program, its physical demands and how important it is to follow rules, regulations, and instructions outlined by the staff of the CoachV Tennis Services & Cobb County Parks, Recreation and Cultural Affairs Department, I am, to the best of my knowledge, in good health and able to participate in the program.

I authorize the staff of the CoachV Tennis services & Cobb County Parks, Recreation and Cultural Affairs Department to organize any required medical or first aid procedure, or to take the undersigned to a hospital emergency room for treatment. If any major treatment is required, I understand that every effort will be made to notify the individual indicated as emergency contact beforehand by telephone. The undersigned hereby forever releases, discharges, and covenants to hold harmless the Cobb County Parks, Recreation and Cultural Affairs Department, CoachV tennis services, the Cobb County Recreation commission, the Cobb Arts Commission, the Cobb County Board of Commissioners and Cobb County, Georgia and any other person, firm, corporation charged or chargeable with responsibility or liability, their heirs, administrators, executors, successors and assigns from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action belonging to the undersigned or arising out of any act or occurrence in connection with and particularly on account of all personal injury disability, property damage, loss or damages of any kind sustained or that may hereafter be sustained arising out of the matters described herein or in consequence of the participation in the recreation program sponsored by the Cobb County Parks, Recreation and Cultural Affairs Department. The undersigned hereby bind their heirs, administrators, executors and successors. Further, this agreement shall apply to all unknown and unanticipated injuries and damages directly or indirectly resulting here from.

This Release and Hold Harmless Agreement shall constitute a full and complete release of any and all claims.

DATE: BY: \_\_\_\_\_

DATE: BY: \_\_\_\_\_

NOTE: Signature of participant and parent/guardian are both required if participant is under age 19, or is registered for a program for the mentally or physically challenged, or other special population member.