



# Coach Slezak's Fall Tennis Training

Fox Chapel High School Tennis Complex  
Sundays August 20<sup>th</sup> – October 29<sup>th</sup>, 2023

Coach Slezak's Tennis Training Camp, held at Fox Chapel High School, is designed to develop the physical, mental and emotional aspects of tennis players. In addition to top-notch coaching we use tennis as a vehicle to teach lifelong lessons and positively impact the lives of young people. We teach the players that *they are in the process of winning or losing everyday of their life and it has little to do with a win or loss on the court.*

## Our Mission

We aim for excellence by creating an inspirational environment, striving to deliver the best coaching possible, and positively impacting the lives of young people on and off the court.

## Contact Us

[www.AlexSlezak.com](http://www.AlexSlezak.com)  
412.223.7558 - @AlexSlezak  
[Info@AlexSlezak.com](mailto:Info@AlexSlezak.com)

## About Us

**Alex Slezak** is a passionate and energetic coach who is hands on every single day of training. He believes in the age-old saying, *"no one cares what you know, until they know that you care."* Along with being an experienced tennis coach Alex is a *Youth Fitness Specialist, Expert Contributor* to the *International Youth Conditioning Association*, and published author.

## Group Training

### Beginner Training - (Kindergarten & Younger) - 10:30am - 11:00am - \$8 per Class

This class, *designed for the beginning 4-6 year old player*, provides a strong foundational development of the hand-eye coordination and general athletic skills necessary to progress in any sport. In addition there is particular emphasis on developing a special love for the game of tennis. Instructors meet the learning objectives by utilizing general athletic and tennis specific drills and games with age-appropriate equipment in an encouraging environment.

### Intermediate Training - (Elementary School) - 11:00am - 12:00pm - \$17.50 per Class

This class, *designed for the 6-12 year old player*, focuses on enhancing general athletic skills and developing fundamentally sound stroke mechanics and footwork. Each class will dedicate specific time to groundstroke, net play, and serve development. Over time players will develop the solid technical foundation to build a competitive game upon. Fun fed-ball and live-ball drills along with skill-specific games will be used daily to meet the learning objectives.

### Advanced Training - (Middle & High School) - 12:00pm - 2:00pm - \$35 per Class

This class, *designed for the 13 plus year old player*, will focus on developing more dynamic strokes and footwork, improving fitness, and shift in focus to the mental and emotional side of competition. Shot selection strategies and momentum control guidelines will be taught, individual styles of play will be developed, along with a variety of other mental/emotional skills. Fed-ball and live-ball drills, skill-specific games, conditioning exercises, and point/match-play will be utilized to meet the classes learning objectives.

## Private Training

### Coach Slezak – By Appointment – Private \$80 per Hour

Private instruction is available with Coach Slezak to further refine stroke mechanics, gain insight into strategy, develop athletic skills, and meet all other individual needs of the player. It is encouraged that players take advantage of private lessons as enrichment to group training.



# Coach Slezak's Fall Tennis Training – 2023 Registration

Please complete **All Areas** of the registration form and see mailing instructions below. The information is used solely by the Slezak Enterprises, LLC for billing and emergency purposes and will not be shared. Your email will be added to our mailing list for camp notifications.

Player Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

I hereby certify that the above player is in good health and realize there is inherent risk of injury in sport participation, including contracting the COVID-19 virus, and forever discharge Alex Slezak, Slezak Enterprises, LLC, Assistant Staff, and/or Fox Chapel Area School District for any and all claims or damages legal or otherwise that might arise due to participation in tennis training.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Check the box below for the group training class you wish to enroll and select to participate at a **Daily Rate**.

- **Daily Rate** is defined as paying per training session. If you select this rate you will be billed at the conclusion of the month and only for the days training was attended. No payment is required up front.

## Beginner Training – (Kindergarten & Younger) - Sundays from 10:30am -11:00am

Daily Rate of \$8 per Class

## Intermediate Training – (Elementary School) - Sundays from 11:00am - 12:00pm

Daily Rate of \$17.50 per Class

## Advanced Training – (Middle & High School) - Sundays from 12:00pm – 2:00pm

Daily Rate of \$35 per Class

### Terms and Conditions

All payments made to Slezak Enterprises, LLC are non-refundable. In the event of inclement weather or any reason the Camp Director, Alex Slezak, may elect to cancel all or a portion of the training sessions. Daily Rate players will be billed via email at the conclusion of the session.

To register your child complete this form and mail to the address below. You will receive a confirmation email once your registration is processed.

Slezak Enterprises, LLC  
P.O. Box 186  
Gibsonia, PA 15044

412-223-7558    www.AlexSlezak.com    Info@AlexSlezak.com    @AlexSlezak

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