



Coach Slezak's Winter Tennis Training

Indoors – New Facility in Monroeville

Sundays Throughout the Winter Months

November 3rd – March 30th

Coach Slezak's Tennis Training Camp 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
412.223.7558
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

Intermediate Training (Elementary School Ages) 11:00am - 12:00pm - \$27.50 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 Ages) 12:00pm - 2:00pm - \$55 per Class

This class, *designed for the 13 plus year old player*, will focus on continued development of stroke mechanics, footwork, 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 \$80 per Hour

Private instruction is available with Coach Slezak on a limited basis 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 Winter Tennis Training – 2024-25 Registration Form

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 and forever discharge Alex Slezak, Slezak Enterprises, LLC, Assistant Staff, and/or the club 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 monthly only for the days training was attended. No payment is required up front.

Intermediate Training – Sundays from 11:00am - 12:00pm

Daily Rate of \$27.50 per Class

Advanced Training – Sundays from 12:00pm – 2:00pm

Daily Rate of \$55 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 Tennis Director, Alex Slezak, may elect to cancel all or a portion of the training sessions. Daily Rate players will be billed bi-monthly only for the days training was attended.

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
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Gibsonia, PA 15044

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