



Winston Churchill Tennis Club

Conditioning Program

Summer 2010

“The Monster Workout”

Starting Wednesday July 21st

Monday – Friday

6:30pm – 7:30pm

Session Outline:

6:30 – 6:40

Tennis Specific Warm-Up:

Improve your on-court warm-up routine with tennis specific movements and dynamic stretches

6:40 – 7:20

“Monster”:

Medium-high intensity exercises that will improve strength, power, speed and endurance for all tennis levels

7:20 – 7:30

Restorative Cool-Down:

Static stretches accompanied by deep diaphragmatic breathing to lengthen and restore muscles and tendons

Location: Winston Churchill Park

Cost: \$10/person per session

Reserve a spot by contacting Hitting Professional, Dan Jockel at djockel@gmail.com

DON'T PLAY TENNIS TO GET IN SHAPE, GET IN SHAPE TO PLAY TENNIS!

Dan Jockel
Hitting Professional

Matt Kuzdub
Hitting Professional
Kinesiologist, Strength and Conditioning Coach

Sign Up: Contact Dan Jockel, hitting professional, djocke@gmail.com 647-892-JOCK (5625)

Where: Park area south of courts outside of club house

When: Classes begin Wednesday July 21st

Rules and Regulations:

- 1) Members are welcome to drop-in on any given day (a courtesy e-mail prior to the start of a session would be greatly appreciated)
- 2) All members will be obligated to sign a a Waiver form and a Par-Q form prior to participation
- 3) We encourage all participants to bring water, yoga mat and skipping rope (not necessary but strongly encouraged)
- 4) Sign-up for 10 sessions and the 11th session is free!