



# TOP RANK TENNIS STRIKERS TENNIS TRAINING

1 Hour, 4:15pm to 5:15pm

One day a Week for four weeks 1 hour Amount = \$24 monthly

Training Starts February 1<sup>st</sup> 2009,

What to Expect:

**Part 1: Athleticism**

5 Min Stretch and warm-up

**Part 2: Repetition**

**Stroke production Bio-Mechanics**

**25 Min. Drills**

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

**Part 3: Live drills and Points**

**25 Min.**

Using strategies learned, Point situation problem solving, style development, confidence building, games and coaching

**Part 4: Self Visualization, Coaching, Stroke correction**

**5 Min.**

*“ Perfect strokes are already in us, waiting to be discovered.” - W. Timothy Gallwey*

\_\_\_\_\_  
Your Full Name - Level of Play = A B C or NTRP

Circle one: Monday, Tuesdays, Wednesdays, Thursdays, Friday

\_\_\_\_\_  
Billing Address

\_\_\_\_\_  
County, City, State, ZIP

\_\_\_\_\_  
Home, Work and Cell Phone

\_\_\_\_\_  
Email Address

Make Check out to  
CoachV Tennis Services

Mail to  
**William Vazquez -Coach V Tennis Services**  
**Woodpointe ClubHouse**  
**1001 Burnt Hickory RD NW, Clubhouse**  
**Marietta, GA 30064**  
**678-594-7378 or Cell: 917-664-8824**

## 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 assignees 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 herefrom.

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.**