

# TOP RANK TENNIS

The goals of top rank tennis is to develop tennis players of all levels by helping them use their unique abilities and drive to succeed.

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

**TOP RANK TENNIS** is a four part practice

## •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, games and coaching

## •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



Trainees show off their professionalism & leadership skills during camp



UNITED STATES TENNIS ASSOCIATION

## TOP RANK TENNIS PLAYERS

All Program Participants will receive 25% off CoachV's Stringing and Private Lessons.

*"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*

## TOP RANK TENNIS SUMMER CAMP

Beginner Tots & Toddler ages 6 & under  
8am to 9am, Mon - Fri

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Intermediate Beginners ages 7 to 14  
9am to 10am, Mon - Fri

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Advance Tennis Players All Ages  
10am to 12noon, Mon - Fri

### Sessions:

Full time & Part time

*Don't forget to sign medical assistance form*

### More Programs

- Summer Training Camps
- Junior Elite Programing
- Community Outreach and Education,
  - Quick Start
  - Travel Coaching
- Free Sub-division Tennis Management
- Network Marketing

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

### Mail to

**William Vazquez -**

**Coach V Tennis Services**

**1001 Burnt Hickory RD NW , Club house**

**Marietta GA 30064**

**Ph# (678) 836 - 7665**

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

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

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

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

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

### Method of Payment:

**Money order, 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:

\_\_\_\_\_  
Weeks attending

Circle: Monday, Tuesdays, Wednesdays, Thursdays, Friday

### Summer camp Sessions:

#### Full time & Part time

Two weeks M-F full time 10 hours =\$60

Two weeks M-F full time 20 hours =\$120

part time \$10 an hour 4 day minimum

**Private Lessons \$60 -1 Hour** ☐

**Membership \$5: Take %40 off Private Lessons** ☐

**Membership \$10: receive a TRT Tournament Shirt & Take %40 off Private Lessons** ☐

**Refer 5 new players Free month membership** ☐



## TOP RANK TENNIS HEAD PRO

William Vazquez - CoachV

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** has been **Top Ten** in the Mens Open Eastern Division in 2006, 2007, the number one player from the Bronx for 12 months straight in 2007.

**CoachV** is **top ten** in Southern GA Mens open singles and 30's singles in 2008.



### COACHING PHILOSOPHY

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

## 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

Cell: (678) 836 - 7665

Email: CoachV@TennisLessonsGA.com

Web: www.TennisLessonsGA.com

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

#### PERMISSION TO PROVIDE EMERGENCY MEDICAL TREATMENT

##### RELEASE AND HOLD HARMLESS AGREEMENT/RELEASE 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, orto 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 by 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 anticipated 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.

# COACHV TOP RANK TENNIS ATLANTA

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

Call 678-836-7665

Coach V Tennis Services

1001 Burnt Hickory RD NW, Club house  
Marietta GA 30064



## Sports Authority

850 Cobb Place Boulevard

Kennesaw, GA 30144

(770) 426-1444

**Recomends CoachV  
Top Rank Tennis  
Programs & Services**



Lindsey Gravitt, Leasing Consultant Jamie  
Culpepper, Property Manager  
Call for Free Tennis Lesson call  
770.423.1999

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