

THE PTF NATIONAL TRAINING CENTRE

PAKISTAN TENNIS FEDERATION

Is pleased to announce the launch of its State-of-the Art

NATIONAL TRAINING CENTRE [NTC]

PTF COMPLEX, ISLAMABAD – PAKISTAN

From: FEBRUARY 2019

WHY THE PTF NTC WILL BE THE BEST FACILITY FOR YOU IN PAKISTAN!!!

- It will provide the highest level of modern, competitive Tennis Training, as in overseas Academies, with an ITF Level 3 Certified Head Coach, assisted by a team of competent, professional Coaches.
- Internationally certified Physical Trainer – cum – Coach, with a vast experience in Tennis-specific Fitness Training.
- Complete range of Physical, Mental, Technical (Bio-mechanical) & Psychological evaluations for developing personalized programmes, even in a Group Environment.
- The Best Synthetic Courts in Pakistan, offering the same Plexicushion Prestige surface as the one on which the Australian Open Grand Slam is played.
- Safe & secure premises, where international professional & junior events have been held.
- On-site meals and refreshments at special rates.
- Onsite accommodation for players at highly discounted rates.
- Professional Training for High Performance, Intermediate, Beginner and 10&U categories, male and female players.
- 10&U programmes will be conducted using modified courts and equipment to enhance the learning & development of children.
- The fee structure for Beginners, Intermediate & 10&U will be as follows :
 - 3 days/week Program= 1500; 6000/month
 - 6 days/week=12000/month
- **Programmes** are designed for 3 sessions per day; 2 sessions for some groups.

A typical training day will have:

- **Session 1:** covering technical, tactical as well as on-court psychological & physical development; 2.5 hours.
- **Session 2:** will have match simulations and singles & doubles match play; 2.5 hours;
- **Session 3:** will be for physical conditioning; 1-1.5 hour(s);

PLAYER REGISTRATION FORM MAY BE DOWNLOADED FROM:
<http://paktenfed.com.pk> (Media Gallery-> NTC Registration form for players)

For further information on registration, charges, programmes, please contact:

**Mr. Asim Shafik, National Development Director – PTF & Head Coach
– NTC, at:**

051-2624685 – 0300-8506069

Registrations will commence from **20th January, 2019**