

Experience and unique tennis and sport holiday of the highest caliber and quality.



## February 15th-19th 2018. Dubai

CST Tennis Travel and InMo would like to take the opportunity to invite you on this exclusive tennis and physical conditioning trip to Dubai. InMo and physical conditioning expert **Peter Tielman** will explain and teach you how to “survive” many hours on court without injury. You will receive some expert personal a group instruction on how your body is working and performing on and off court. You will come back feeling fitter, more knowledgeable and a more experienced tennis player.

The tennis program with be executed by KLTk private coach **Joe Beaton** with help from resident PBI tennis coaches at the Jumeirah Beach tennis facilities. All PBI (Peter Burwash International) coaches are highly qualified and experienced tennis professionals such as **Ervin Eleskovic**.

### • **Jumeirah Beach Hotel**

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With a striking wave-like design, Jumeirah Beach hotel is one of Dubai’s most stunning and instantly recognisable structures. You will be staying in an Ocean Deluxe Room (shared) including breakfast.

### • **Tennis and conditioning**

Enjoy 12 hours of tennis, 6 hours of physical conditioning, 3 hours workshop and some personal analysis. [See next page for details](#)

### • **Recommended Direct flight ARN-DXB with Norwegian**

THU 15 FEB 14.55 - 00.50  
MON 19 FEB 02.00 - 06.30  
(not included)

### • **Price 25.400kr**

Including 3 nights shared accommodation with breakfast, airport transfer (only with recommended flight above) all fees related to the tennis and physical conditioning program. +8.900kr single occupancy supplement (even numbers).



## Learn how to play and practice smart

Warm-ups, cool-downs, stretching... you have all heard of the benefits, but still not everyone does them. On this trip we plan on proving the benefits and therefor, longterm making you a better tennis player.

## Individual analysis

We are all different, for this reason **Peter Tielman** will be giving you all some personal and individual help during these days, on and off court. Peter and his colleagues at INMO, have been helping their clients to recover from injuries and perform to the best of their ability for years. You can look forward to the same expert advise and tips uninterrupted in Dubai.

## Top-quality destination

CST has selected the perfect destination for this training trip, escape the gloomy Swedish weather and come back fully refreshed and energised. Jumeirah Beach Hotel is one of the finest hotels in Dubai, ad that to great weather expected during this period and you have the perfect recipe for an exceptional sporting experience.

- **4.0 tennis level and above**

In order to provide the best possible tennis experience, we are looking for players of an experience/advanced tennis level. You will be paired as equally as possible level-wise. [See rating chart page 3 and 4.](#)

- **Tennis and sport program**

Three full days of tennis (12 hours per person on court) and conditioning on the 16th, 17th and 18th of February.

**Tennis program:**

9.00-11.00:

3 players + coach or

11.00-13.00:

3 players + coach +

16.00-18.00:

All 12 players on 3 or 4 courts for match practice.

**Conditioning program:**

30 minutes before and after all tennis sessions, learning a tennis specific warm-up and cool-down.

**Relaxed workshops:**

Before each dinner you can enjoy a drink and converse with Peter and Joe about different topics, for example the most common tennis injuries and how to prevent them.

- **To sign up**

[info@customsporttours.com](mailto:info@customsporttours.com)

Joe 0767-143 769

Peter 0768-987 189

## RATING CHART

RATING	GROUND-STROKES (Forehand and backhand)	RETURN OF SERVE	NET PLAY (volleys and smash)	SERVE
1	This player is just starting to play tennis			
1,5	This player has been introduced to the game, however has difficulty playing the game due to a lack of consistency rallying and serving.			
2	Can get the ball in play but lacks control, resulting in inconsistent rallies. Often chooses to hit forehands instead of backhands.	Tends to position in a manner to protect weaknesses. Inconsistent return.	In singles, reluctant to come to the net. In doubles, understands the basic positioning; comfortable only with the forehand volley; avoids backhand volley and overhead.	Incomplete service motion. Toss is inconsistent. Double faults are common.
2,5	Can rally consistently 10 balls in a row, especially on the forehand, with an arched trajectory over the net when the objective is to hit to a partner at moderate speed.	In singles, consistent when returning towards the middle of the court. In doubles, difficulty returning cross-court to start the point.	Becoming at ease at the net in practice but uncomfortable in a game situation.	Attempting a full service motion on the first serve. First serve in inconsistent (less than 50%). Uses an incomplete motion to ensure a steady second serve.
3	Able to rally consistently 10 balls in a row on forehands and backhands. Able to maintain the rally when receiving high, short or wide balls, assuming the ball is received at a moderate pace, especially on the forehand stroke.	Can control the direction of the ball in both singles and doubles, when receiving a serve of moderate pace.	Very consistent on forehand volley with easy balls, inconsistent on backhand volley. Overall has difficulty with low and wide balls. Can smash easy lobs	Full motion on both serves. Able to achieve more than 50% success on first serve. Second serve much slower than first serve.
3,5	Able to move the opponent around the court or hit harder when receiving easier balls. Can execute approach shots with some consistency (more than 50%).	Can return fast serves or well-placed serves with defensive actions. On easy second serve, can return with pace or directional control; can approach the net in doubles.	Becoming confident at net play; can direct FH volleys; controls BH volley but with little offense; general difficulty in putting volleys away. Can handle volleys and overheads that require moderate movement.	Can vary the speed or direction of first serve. Can direct the second serve to the opponent's weakness without double-faulting on a regular basis.
4	Able to develop points with some consistency by using a reliable combination of shots. Erratic when attempting a quality shot, when receiving fast or wide balls, and when attempting passing shots.	Difficulty in returning spin serves and very fast serves. On moderately paced serves, can construct the point through hitting a good shot or exploiting an opponent's weakness. In doubles, can vary returns effectively on moderately-paced serves.	In singles, comfortable at following an approach shot to the net. In doubles, comfortable receiving a variety of balls and converting to offensive positioning; can poach on weak returns of serve. Able to put away easy overheads.	Can vary the speed and direction of the first serve. Uses spin.

## RATING CHART

RATING	GROUND-STROKES (Forehand and backhand)	RETURN OF SERVE	NET PLAY (volleys and smash)	SERVE
4,5	Can use a variety of spins. Beginning to develop a dominant shot or good steadiness. Erratic when attempting a quality shot in two of the following situations: receiving fast balls, wide balls, and in passing shot situations.	Off first serves, can defend consistently but very inconsistent (less than 30%) when attempting an aggressive return. In doubles, has difficulty (less than 50%) returning a first serve at the feet of the incoming serve and volleyer.	When coming to the net after serving, consistently able to put the first volley in play but without pace or depth; however, inconsistent when trying to volley powerful or angled returns. Close to the net, can finish a point using various options including drop volley, angle volley, punch volley.	Aggressive first serve with power and spin. On second serve frequently hits with good depth and placement without double faults. Can serve and volley off first serves in doubles, but experiences some inconsistency.
5	Able to maintain a consistent rally, 10 balls in a row on faster balls. Very steady strokes or has a dominant shot. Periodically succeeds (50%) when attempting a quality shot when receiving fast or wide balls, and in passing shot situations.	Periodically succeeds (50%) at aggressive return off fast first serves using dominant shot (forehand or backhand). In doubles can return at the feet of serve and volleyer.	In doubles, after the serve, has a good, deep crosscourt volley. Overhead can be hit from almost any position.	First serve can win points outright, or force a weak return. Second serve can prevent the opponent from attacking. Serve and volleys on first serves in doubles with consistency.
5,5	This player has developed a game-style which is recognizable as either an all court player, an aggressive base-liner, a serve and volleyer, or a retriever. Has developed good anticipation either technically (can read toss on serve, body position...) or tactically (can read opponents tendencies in specific situations). Has no major weaknesses and can counterattack effectively against a hard ball, wide ball or in passing shot situations. Capable of competing in "open" category provincial level tournaments. Ability to use specific shots in order to exploit opponent's weakness: drop-shot, lob, angle, moon-ball...			
6.0 & 7.0	These players will generally not need a rating. Rankings or past rankings will speak for themselves. The 6.0 player typically has had intensive training for national tournament competition at the junior level and collegiate levels and has obtained a provincial and/or national "open" ranking. The 6.5 player has extensive international "open" level tournament experience at the entry professional level (challenger or satellite experience). The 7.0 is a world class professional tennis player.			