



**Michael Dracos (Head Coach) H: 9837 5149 - M: 0403 131 096**  
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## **ABOUT OUR COACH**

**Tennis Australia CLUB PROFESSIONAL**

**Diploma in "Spanish way to Develop Players"**

Certificate 3 (gym instructor), Certificate 4 (Personal Trainer) in fitness, Top 20 Australian Junior, Former State Grade Player, Former Runner-Up at The Victorian Hard-Court Championships, Former Tour Player, Victorian Tennis Team Representative and Victorian Cross Country Representative.

Mad Athletes has a wide variety of programs catering for all age groups and standards. We provide "high quality coaching and fitness training", with an emphasis on creating a fun environment for all students to reach their full potential. You will notice the restriction we place on student numbers for each lesson, emphasizing quality, not quantity.

## **JUNIOR GROUP COACHING**

We have programs designed to allow your child to progress and be challenged in all areas. From the Mad Athletes hot shots, young guns groups, mini guns and elite guns squads, private sessions and personalised programs which we can combine with personal training. We can offer **expert advice** as to what is best for your child.

Our variation on the **HOT SHOTS** program includes the use of specialised equipment that not only creates a fun, colourful environment but also allows your child to start learning and developing at a younger age. We have classes for students from 3 years and up. We have programs designed in order for your child to advance to higher levels as they progress.

### **MAD ATHLETES HOT SHOTS 3+ YRS**

This program is specially designed for beginners or students have trouble with a full sized tennis court, the weight and size of the ball and the main issue of hitting the ball. Hitting a tennis ball sounds easier than it is, and that's why Tennis Australia came up with a junior program designed to reduce the difficulty of playing tennis. The balls used are colourful, softer, lighter and bigger than a standard tennis ball. The court size is also reduced, making the issue of hitting the ball over the net a problem of the past. All of these modifications create an environment where each child will see success far earlier than if they were placed in a generic coaching program. This in turn increases their enjoyment and thus their development in tennis.

30 minute lessons. **MAXIMUM 4 PER COACH**

### **MAD ATHLETES YOUNG GUNS 6+ YRS**

Our junior groups are designed for students either beginning the game or already well advanced. We utilise equipment necessary for each age group, and base each week's lesson plan on the particular class being taught. We go through the basics all the way to the extremely technical and tactical side of the game. Games based drills are utilised to get students ready for matchplay. Lessons vary from absolute beginners to our top junior players.

45 minute lessons. **MAX. 5 PER COACH**

### **MAD ATHLETES MINI GUNS (JUNIOR SQUAD)**

This program was developed to fast track the younger/beginner student who is keen for a squad environment but isn't up to the standard of our **GUN** squads. We take them through various drills, matchplay, fitness which is all aimed at preparing them for competition/matchplay. We advise that this be combined with a minimum of 1 other program to get full benefit, be it **GROUP** or **PRIVATE** sessions. **1.5 hour sessions** **MAX. 6 PER COACH**

### **MAD ATHLETES GUNS (JUNIOR SQUAD)**

Specifically designed for younger students who are keen to develop their game. Match specific drills, technique, matchplay and fitness are some of the areas covered. We advise that this be combined with a minimum of 1 other program to get full benefit, be it **GROUP** or **PRIVATE** sessions. We offer varying standards of our **GUNS** squad pending age and ability. **2 hour sessions** **MAX. 6 PER COACH**

## **MAD ATHLETES PRIVATE & SEMI PRIVATE LESSONS**

For when you really want to accelerate your game! We can work on specific areas on your game that you want to target, or let us advise you on what's best. Technique is heavily focused on, with key tips on strategy relating to matchplay. From \$70 per hour casual or \$62 when term is paid upfront.

We also design individual programs for the player wanting to make tennis their profession. We have worked with state, national and internationally ranked players. We are more than happy to discuss the options you have if you are interested in pursuing tennis as your number 1 sport.

## **ADULT COACHING/CARDIO TENNIS**

All dads/mums wishing to learn the game of tennis, or even develop a game they already have. You can join with a group of friends, or allow us to place you in a fun adult orientated environment. We design the session with you in mind. A portion of the session is coaching/drills whilst the remaining time provides matchplay where you try out your newly learnt techniques. Our sessions are a blend of fitness and technique/strategy. You will finish the session having acquired new skills whilst getting in a fun workout!

1 hour sessions **MAX. 5 PER COACH**

## **MAD ATHLETES PARTIES**

Mad Athletes will run a whole program for your child's birthday. We will organize the whole coaching side of things, with ball machine, serving radar, fun drills and games, the Mad Athletes "Target Face" and a whole selection of prizes. An extra option is a **Jumping Castle** for even more fun. The birthday boy or girl will also get a special present just for them. We can design the whole process to meet your needs. You can bring your own food and cake, and utilise the clubs oven, microwave, fridge, etc.

Contact us to organise your next party.

## **WHAT ELSE WE OFFER**

We offer a large range of racquets and accessories (grips, bags, string, etc. We stock a large variety of Prince racquets as used by many top professional players. If you would like to see our range, please give us a call.

**prince**<sup>®</sup>  
*rule the court*<sup>®</sup>

## **TENNIS RE - STRINGS**

We offer a huge range of strings to help you get the most out of your racquet. All Re-Strings are serviced on a top of the line **DIGITAL ELECTRONIC MACHINE** that automatically calibrates for every re-string. This means the tension you wanted is the tension you got! Prices start from \$20 with your string or \$30 with ours.

**HEAD**<sup>®</sup> **Babolat**

**GAMMA**

**SIGNUM PRO**<sup>®</sup>

**prince**<sup>®</sup>  
*rule the court*<sup>®</sup>

 **TECNIFIBRE**

## MICHAEL DRACOS- HEAD COACH

Head of Coaching Michael Dracos has extensive experience in the tennis world. He has traveled the world, attending Saddlebrook Tennis Academy, formerly known as Harry Hopman's Tennis Academy. Players such as Jennifer Capriati, Jim Courier, Sanchez Vicario and Pete Sampras regularly attended Saddlebrook.

He has worked with Peter Luczak (64 world singles ranking high, Australian Davis Cup Representative, 2003/2006 3rd round Australian Open and Australia's 2<sup>nd</sup> Ranked Male) every summer, with fitness drills through to on court drills.

Michael traveled around Australia as a junior, reaching an Australian Junior ranking inside the top 20. Michael also played State Grade Pennant at the age of 17 for Donvale Tennis Club. As a 17 year old, Michael was runner up of the Victorian Hard-Court Championships. At the time this was Victoria's most prestigious open event, with previous winners being Pat Cash, Darren Cahill and Mark Philippoussis. Had he won, he would have been the 2nd youngest to reach such heights. Michael also represented Victoria on numerous occasions in both tennis and cross country.



When a serious elbow injury took its toll before the age of 18, Michael turned to teaching what he has learnt over the many years. Coaching under many wise and experienced coaches, Michael put all the methods he has witnessed into practice and created his own teaching methods. Completing the Tennis Australia Coaching courses, Michael developed his skills even further becoming a Tennis Australia Club Professional.

Recently Michael attended the Sanchez - Casal Academia in Florida. He attended a coaching course held by former World Number 7 and Spain Davis Cup Coach Emilio Sanchez (*pictured right with Michael*) to learn the Spanish way to develop players. At the time Spain had 15 male players in the world top 100 and 5 females, proving their methods of teaching are highly effective. Michael received a Diploma in the "Spanish way to develop players" He now has incorporated some of the methods witnessed at Sanchez - Casal into the Mad Athletes program.

**It's widely known Fitness plays a crucial role in tennis, and as such Michael pursued a qualification in a Certificate 3 (gym instructor) and 4 (Personal Trainer) in fitness. He now provides personal training to anyone of any age either at your home, at a nearby park, at the tennis club or at our studio in Wantirna South.**

Michael runs a variety of coaching programs. They range from group lessons, squads, private lessons, adult lessons and personalised programs for the really serious player. We also provide qualified personal training for the athlete wanting to improve at their sport, or the person that wants to get fit, lose weight and just feel better and healthier in their life.

**CONTACT ME BELOW IF YOU HAVE ANY FURTHER QUESTIONS**  
0403 131 096 – [madathletes@yahoo.com.au](mailto:madathletes@yahoo.com.au)  
[WWW.MADATHLETES.COM.AU](http://WWW.MADATHLETES.COM.AU)

## COMBO SPECIALS

### JUNIOR COMBOS (Can be shared with family members)

Combo 1- **Group Lesson and Mini Guns Squad** - \$41 per week (\$5 weekly saving)

Combo 2- **Group Lesson and Guns Squad** - \$46 per week (\$5 weekly saving)

Combo 3- **Mini Guns Squad x 2** - \$57 per week (\$5 weekly saving)

Combo 4- **Guns Squad x 2** - \$67 per week (\$5 weekly saving)

Combo 5- **Group Lesson and 1 x Private Lesson**- \$85 per week (\$5 weekly saving)

Combo 6- **Mini Guns Squad and 1 x Private Lesson** - \$97 per week (\$9 weekly saving) \*

Combo 7- **Guns Squad and 1 x Private Lesson** - \$102 per week (\$9 weekly saving) \*

Combo 8- **2 x Mini Guns Squad and 1 x Private Lesson** - \$126 per week (\$11 weekly saving) \*

Combo 9- **2 x Guns Squad and 1 x Private Lesson** - \$135 per week (\$12 weekly saving) \*

Combo 10- **2 x Private Lessons** - \$140 per week (\$10 weekly saving) \*

Combo 11- **2 x Mini Guns Squad and 2 x Private Lessons** - \$192 per week (\$20 weekly saving) \*

Combo 12- **2 x Guns Squad and 2 x Private Lessons** - \$202 per week (\$20 weekly saving) \*

### ADULT COMBOS (Can be shared with family members)

Combo 13- **2 x Adult Group Lesson** - \$36 per week (\$4 weekly saving)

Combo 14- **Adult Group Lesson and Private Lesson** - \$90 per week (\$5 weekly saving) \*

- Take \$10 off per private session if you select private lessons with Senior Coach \*
- Late fee of \$20 per combo is added when payment not received by due date
- Private Lessons must be used in 1 hour blocks as a minimum
- All lessons including private lessons MUST be completed within the school term
- Add extra private lessons at \$70 p/h (Only available with combos 5-12, 14)
- Add extra mini squad (\$29) or guns squad (\$34) sessions to any combo
- No further discounts apply (*Weekly saving calculated with Head Coach private*)

Hand to Michael Dracos or Send to 7 Kings Court, Wantirna South, 3152.

**Lum Reserve Tennis Club, W/Hill**

MON

TUE

WED

THUR

FRI

SUN

**FAMILY DETAILS**

SURNAME: \_\_\_\_\_ NAME: (parents) \_\_\_\_\_

ADDRESS: \_\_\_\_\_ POST CODE: \_\_\_\_\_

PHONE: (home) \_\_\_\_\_ (mobile) \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ **\*Sign up to email specials- Y / N**

**Student 1** - GIVEN NAME: \_\_\_\_\_ D.O.B: \_\_\_\_/\_\_\_\_/\_\_\_\_

SCHOOL: \_\_\_\_\_ PROGRAM: \_\_\_\_\_

**PAYMENT DETAILS (tick box)** **Position is not confirmed until payment has been received**

- Group lessons** - \$15 **Hot Shots**- \$15
- Guns Squad (Mon/Tue/Fri)**- \$36 per lesson paid by the term
- Mini Guns Squad (Wed/Thurs/Fri/Sun)**- \$31 per lesson paid by the term
- Adult Coaching/Cardio Tennis** - \$20 per lesson paid by the term
- Private Lessons**- *With Head Coach Michael Dracos*
  - \$85 or \$75 paid termly (1 hour) \$45 or \$39 paid termly (30 mins)
- Private Lessons**- *With Senior Coach*
  - \$70 or \$62 paid termly (1 hour) \$36 or \$32 paid termly (30 mins)
- Combo SPECIALS-** 1\_\_ 2\_\_ 3\_\_ 4\_\_ 5\_\_ 6\_\_ 7\_\_ 8\_\_ 9\_\_ 10\_\_ 11\_\_ 12\_\_ 13\_\_ 14\_\_

- High Performance Personalised Programs-** Contact Michael to discuss options in regards to a mixture of tennis and/or fitness programs for the serious tennis player
- Personal Training-** \$600- 10 x 1 hour sessions (**Residential studio in Knox or at Lum Reserve TC**)
- Birthday Parties** - \$80p/h per coach. Maximum 6 per coach. 2 hour minimum.

**Add** an aluminium junior/adult racquet - \$ \_\_\_\_\_

**Add** a graphite junior/adult racquet - \$ \_\_\_\_\_

**\$10 off racquet purchased with sign up!**



\*CASH - \$ \_\_\_\_\_ \*CHEQUE (Cheques payable to **MAD ATHLETES**)-\$ \_\_\_\_\_

\*TRANSFER \$ \_\_\_\_\_ **Acc Name:** Mad Athletes **BSB:** 063587 **Acc Number:** 10303395

**WHERE DID YOU HEAR ABOUT MAD ATHLETES** \_\_\_\_\_

I understand and agree to make full payment of the required fees. I also understand that any lesson missed for whatever reason is not guaranteed a make-up lesson. Refunds are not offered.

**Any lessons cancelled will be made up at a specific time at the discretion of Mad Athletes.**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

\$1 weekly loyalty discount on all group programs after being enrolled for 1 term if paid by due date

Squads may be shortened in duration if student numbers aren't sufficient

Maximum of 2 make up sessions per term if available (Not transferable to future terms)

\*Discount only applies to a maximum of 1 program per person per term (Doesn't include combos)