

# *-HORIZON-* COMPETITION TENNIS

## WINTER 2018-19

Horizon focusses on competition players who want to measure themselves against the best on a regional, national or international level.

To reach that goal an **Individual competition program** is put together in collaboration with parents and players to excel in match performance.

The book by Johan Teirlinck *TENNIS, HET MENTALE VERHAAL, ideeën over tennis, je tegenstander, jezelf en je leven* (Tennis, the mental story, ideas about tennis, your opponent, yourself and your life) is used to support the training sessions and analyses.

WINTER 2018-19 = **23 WEEKS**

Starts on Monday September 24<sup>th</sup> 2018  
till Friday March 29<sup>th</sup> 2019



### HORIZON COMPETITION TENNIS

in TC Mounier, E. Mounierlaan 87, 1200 Sint-Lambrechts-Woluwe

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INSCRIPTIONS WINTER program 2018-19

by payment before September 6<sup>th</sup> 2018 on account no. BE03 1430 6525 0284

ATTENTION: NUMBER OF PLACES IS LIMITED.

project  
**H O R I Z O N**

\* visit also our facebook page:

[www.facebook.com/TennisHorizon](http://www.facebook.com/TennisHorizon)

\* and the Horizon website:

[www.projecthorizon.eu](http://www.projecthorizon.eu)



# WINTER 2018-19 = 23 weeks

from Monday September 24<sup>th</sup> 2018  
till Friday March 29<sup>th</sup> 2019

There is NO training:

- *Fall break*

from Monday October 29<sup>th</sup> till Friday November 2<sup>nd</sup> 2018

- *Christmas break*

from Saturday december 22<sup>nd</sup> 2018 till Friday January 4<sup>th</sup> 2019

- *Spring break:*

from Saturday March 2<sup>nd</sup> till Friday March 8<sup>th</sup> 2019

## For HORIZON-members

Membership is mandatory (= € 100,-) and subsequently gives the right to sign up for the BASIC-Pack or the PRO-Pack and all the activities and trainings (see below).

### BASIC-pack: € 1.295,-

- 2 tennis training sessions of 1,5 hours a week (23 weeks)
- physical training (23 sessions) by a physical coach and free admittance to the fitness room of TC Mounier (7/7 and 9:00 till 22:00)
- mental training (20 sessions)
- 10 activity/competition evenings
- friendly matches
- extra training sessions can be requested (group sessions, semi- or private lessons)

### PRO-pack: € 1.695,-

is the BASIC-pack and 1 extra tennis session: a group lesson of 1,5 hour or a semi-private lesson 1 hour (23 weeks)



## For non-members:

- physical training (23 sessions): € 230,-
- admittance to the fitness room of TC Mounier (7/7 and 9:00 till 22:00): € 100,-
- mental training (20 sessions): € 200,-
- 10 activity/competition evenings: € 300,-
- tennis training 1,5 hour in group (23 sessions): € 695,-
- tennis training 1 hour semi-private (=2 players) (23 sessions): € 695,-