



### **Camp details: (dates on request)**

Camp days: Sunday 12:00 – Friday -18:00 (5,5 days of practice)

Number of players: Only 8 players will be allowed to any camp to insure the highest quality practices possible

Number of coaches: 2 tennis coaches + 1 strength and conditioning coach

#### COACH RESPONSIBILITIES:

Michael Andreasson: Head coach Tennis Piding Academy

- Tennis technique/drills/Game planning analysis
- Motivation/mental toughness

Roman Polak: Tennis Coach Tennis Piding Academy

- Tennis technique/drills

Dr. Johannes Landlinger: Head coach strength and conditioning

- Tennis Movements/footwork/strength training/stretching
- Video/biomechanical analysis

**COSTS:** 720€ including:

- 2.0 hours stroke production/training daily with 4 to 1 player-to-coach ratio
- 3.0 hours group practice/match play /competition per day
- 1.5 hours of strength and conditioning per day
- Theoretical sessions on: mental toughness, technique, goal setting, etc.
- Video analysis
- Physical on court assessment tests and analysis
- All costs for indoor (if necessary) and outdoor courts
- Food: 6 x lunch, 6 x dinner

## COACHING Philosophy - TENNIS PIDING

**Tennis Piding** offers a variety of program options for every junior and adult player (beginners through advanced and even professional). We are trying to improve your game by sticking to our philosophy, which is coaching players of all levels who show enthusiasm for the sport of tennis. We believe that tennis is a consecutive progress with one main motto: "We live and learn!"

### REGISTRATION:

**Dr. Johannes Landlinger**

[landlinger\\_johannes@hotmail.com](mailto:landlinger_johannes@hotmail.com)

Tel.: +436504661110

**Michael Andreasson**

[michael.andreason@hotmail.de](mailto:michael.andreason@hotmail.de)

Tel.: +491785614719

### Sample Schedule:

#### Sunday

Time	Activity
12:00-14:00	Arrival and lunch at Tennis Piding
14:00-17:00	Technical assessment (Video) at the Olympic Training center in Rif, Salzburg
17:30-18:30	Dinner
18:30-21:30	Evening activities
22:00	Bedtime

#### Monday

Time	Activity
07:30	Wake up
08:00	Breakfast
09:00-13:00	Tennis practice and Conditioning in 2 groups of 4 players max.
13:00-14:30	Lunch and rest period
14:30-16:00	Theory (Video Analysis)
16:00-19:00	Group practice
19:00-20:00	Dinner
20:00-21:30	Evening activities
22:00	Bedtime

#### Tuesday

Time	Activity
07:30	Wake up
08:00	Breakfast
09:00-13:00	Tennis practice and physical assessment in 2 groups of 4 players max.
13:00-15:00	Lunch and rest period
15:00-18:00	Group practice

18:30-18:45	Theory (Mental Toughness)
18:45-19:30	Dinner
19:30-21:30	Evening activities
22:00	Bedtime

### Wednesday

Time	Activity
07:30	Wake up
08:00	Breakfast
09:00-13:00	Tennis practice and Conditioning in 2 groups of 4 players max.
13:00-14:30	Lunch and rest period
14:30-17:30	Group practice
17:30-18:30	Theory (Individual physical analysis)
18:30-19:30	Dinner
19:30-21:30	Visit to Hangar 7 (Red Bull)
22:00	Bedtime

### Thursday

Time	Activity
07:30	Wake up
08:00	Breakfast
09:00-13:00	Tennis practice and Conditioning in 2 groups of 4 players max.
13:00-14:30	Lunch and rest period
14:30-17:30	Group practice or Salzburg City tour
17:30-18:30	Theory (Mental Toughness)
18:30-19:30	Dinner
19:30-21:30	Evening activities
22:00	Bedtime

### Friday

Time	Activity
07:30	Wake up
08:00	Breakfast
09:00-13:00	Tennis practice and Conditioning in 2 groups of 4 players max.
13:00-15:00	Lunch and rest period
15:00-18:00	Match play/
18:00	END of CAMP

**Tennis Piding partner accommodations and pensions  
in Piding and Salzburg:**



**Radisson Blu  
Axelmannstein  
Resort**  
Salzburger Strasse 2-  
6  
83435 Bad  
Reichenhall  
Fon: +49 (0) 86 56 /  
77 70

[www.axelmannsteinresort.de](http://www.axelmannsteinresort.de)



**Neubichler Alm**  
Neubichel 5-6  
83451 Piding  
Fon: +49 (0) 8656 / 7 00  
90

[www.neubichler-alm.de](http://www.neubichler-alm.de)



**Hotel Alpenblick**  
Gaisbergstrasse 9  
83451 Piding  
Fon: +49 (0) 86 51 / 9  
88 70

[www.hotel-cafe-  
alpenblick.de](http://www.hotel-cafe-alpenblick.de)



**Gästehaus Gruber**  
Petersplatz 4  
83451 Piding  
Fon: +49 (0) 86 51 / 6  
78 33

[www.gaestehaus-gruber.de](http://www.gaestehaus-gruber.de)



**Vermietung Kainz**  
Linzer Gasse 11  
A-5020 Salzburg  
Fon: +43 (0) 650 / 8 85  
00 03

[www.holiday-kainz.com](http://www.holiday-kainz.com)

Another list of accommodations in Piding can be found here:

<http://en.berchtesgadener-land.com/en/live/ennavi/parser.id,51,nodeid,.html>

Here is a link to a short article and a video: (Head Coach Andreasson in action; sorry, the article is in German)

<http://www.piding.de/Tennisurlaub-in-Bayern/>