



Mario Tennis Services

Coaching Programs

Directed by: Mario Trstenjak

Over 30 years of playing and coaching experience in Canada, Australia, and the United States. Coaching certifications by Tennis Canada – Level 3 National Coach, Tennis Coaches of Australia and U.S. Professional Tennis Association – Professional 1 Coach.

In my 25 years of coaching tennis in Manitoba and being the head professional at Taylor Tennis, I have coached many top Manitoba juniors to a level where they were awarded tennis scholarships at U.S colleges. In 1995 I coached the Western Canada Games team to the most successful Canada games result by a Manitoba team. I am one of only two certified level 3 Tennis Canada coaches in the province of Manitoba.

Mario Tennis Services utilizes a team of certified tennis professionals coaching the following:

- **Juniors** – starting from ages 3-5 up to 18 years of age, from beginner levels to intermediate and advanced tournament level players. Beginner and intermediate levels are taught all aspects of the game of tennis by using a fun and interactive approach to learning. Advanced tournament level juniors are taught with an emphasis on maximizing competitive potential. This involves intense tennis training sessions, fitness and goal-setting for individuals and advanced squads.
- **Adults** – Private or group lessons are available for all levels which include introduction to the game of tennis, improving strokes, match play situations, and advanced tournament strategies. Beginner groups are a great way to ease into the game of tennis and meet other players through a fun setting.

Programs Available

Juniors

- a) Beginner/intermediate (6:1 ratio)
- b) Advanced squads (4:1 ratio)
- c) Private lessons (1 or 2 people)

Adults

- a) Private lessons – all levels (1 or 2 people)
- b) Group lessons – beg. to adv. (3 or 4 people)

* All groups are matched according to levels