

FAST TRACK TENNIS PROGRAMME

Hi there,

I'm Ross Matheson, Group Racquets Manager at David Lloyd Leisure, Europe's largest racquets, health and fitness group. This month I am delighted to introduce the fastest and easiest way to learn and play tennis with the launch of our Fast Track Modern Tennis Programme.

If you have always considered learning to play tennis, or are simply looking to improve your game, then this programme is ideal for either getting started or developing skills.

Learning to play tennis does involve understanding and utilising complex movements and many people find it daunting to begin with. Fast Tracking however, proves how simple and natural learning to play can actually be; and we are excited to be offering such a unique, new programme to our members.

Playing tennis is also a fun, energetic and great way to get in shape and meet new people. What's more, it's the perfect outdoor activity. So with summer finally here it's a good time to invest in a racquet and some tennis balls or dust down your old ones and take to the court.

We are thrilled that this edition of Tennis Life marks the launch of our Fast Track Modern Tennis Programme. Read on to find out how you can master the game for life.



Ross Matheson

Group Racquets Manager,
David Lloyd Leisure

LEARNING TO PLAY TENNIS HAS NEVER BEEN SO SIMPLE

David Lloyd Leisure introduces the fastest and easiest method to learn and play tennis.

Tennis is often labelled a difficult game to play by many coaches and top players alike. This could be a thing of the past, however, as David Lloyd Leisure leads the way with the launch of **Fast Track Modern Tennis**.

The UK's premiere racquets, health and fitness group has teamed up with **Modern Tennis International (MTI)** to develop an exciting new **Fast Track Tennis Programme** that has beginners playing tennis in minutes.

The Modern Tennis system that MTI teaches is so effective that even David Lloyd's top coaches were astounded at how quickly and confidently new players pick up the techniques – they are literally hitting the ball with top spin and control almost immediately.

A PROVEN METHOD . . .

The **Fast Track Tennis Programme** has been devised by John Littleford and Andy Magrath of MTI, under the guidance of Ross Matheson, the National Group Racquets Manager at David Lloyd Leisure.

John and Andy created the system they teach based on their tutoring by legendary coach Oscar Wegner, who helped guide many pros to the top, including World Number One players Gustavo Kuerten and the Williams sisters.

The Fast Track Tennis Programme launches in all David Lloyd Clubs in May 2009 and will be FREE of charge to all adult members!

But, what's so different about the Fast Track method compared to traditional teaching methods?

1. It's so natural

This method of playing is so natural; it allows player's own flare and imagination to develop without the hindrance of over-complicated and choreographed coaching from outdated, traditional ways of teaching.

2. An easy-to-master step-by-step approach

Each tennis stroke is broken-down into easy-to-follow, progressional steps that players of any standard can follow. The steps shown are extremely easy to master, which means complete novices will be playing tennis in minutes.

Players blessed with real talent also find that they progress very quickly with this method. In addition, experienced players will find their best form almost every time they play. New and more exciting techniques will emerge naturally, making them the envy of their local club or league in which they play.



FAST TRACK TENNIS – Key Points:

- Your timing will immediately improve
- You will discover more feel for the ball
- Your confidence for tennis will go through the roof
- The control over your shots will feel easy and natural
- You will be able to add power to your game
- You will be able to play shots that you previously only dreamed about

What happens naturally with this system:

- Your contact with the ball will nearly always be correct
- The shape of your shots will occur naturally without conscious effort
- You will hit spin on every shot
- You will be able to hit shots from all areas of the court without panicking
- Your footwork will occur naturally as if walking down the street

Why this system is different from the rest:

This system is refreshingly different from traditional teaching methods not only because **YOU LEARN QUICKLY**, but because it initially concentrates solely on your hand and eye co-ordination. This allows all other aspects of movement and preparation to happen naturally. Player's feet will find their own way and their swing will find its own shape – everything develops naturally. Each step progressed aligns their game to the **Top Pros** game. It's progressed in such a simple progressive way – making it so easy.

TennisLife Magazine publisher Diana Gosen and her daughter recently experienced a Modern Tennis lesson with John and Andy in April. Commenting on the experience Diana said "I would have loved to have been taught this way and am sure that had Erica been taught this way, in the beginning, she would still be playing tennis."

Spin to win:

With this system you are shown how easy it is to SPIN every shot from your very first lesson. By spinning the ball you learn to 'feel' the ball and ultimately grow in confidence with the extra control you gain. A lot of people think that spinning the ball is a difficult concept, but with this method you do it naturally and with very little effort.



Andy Magrath



John Littleford

Tennis is a vertical game:

Many coaches and players will have you believe that tennis is a linear game where you hit through the ball in straight lines. This isn't so! The modern game is played with the racquet moving up the back and across the ball in a vertical motion thus causing the ball to curve and arc through the air. Don't worry if it sounds complicated, it all happens subconsciously and in a very natural way. The progressions you are shown make this concept very easy to apply to your game.

Yin and Yang:

This method of playing has many similarities with martial arts. You can create power with hardly any backswing at all, In a Fast Track Modern Tennis lesson you will see how the Pros such as Rafael Nadal and Andy Murray effortlessly create enormous speed on their shots using simple laws of physics and biomechanics. Not only that, but this system helps prevent injury too, as all movements are using the strongest parts of the body.

The new fast track tennis programme . . .

. . . is either a four-week course of 1½ hour lessons or a six-week course of one hour lessons depending on which David Lloyd club you play at. These amazing courses are absolutely free of charge to all David Lloyd adult members. During the Fast Track Tennis series of lessons, players will learn every shot they need for tennis. Most importantly, however, they, along with the friends they make on the programme, will discover how to easily employ these shots in a game situation with confidence. After this course, keen tennis players are undoubtedly set up to enjoy the sport that is hailed as **THE GAME FOR LIFE!**



To discover more about this **Fast Track Tennis Programme** and David Lloyd Leisure visit www.davidlloyd.co.uk

To find out more about Modern Tennis International and their products and services go to www.playmoderntennis.com or call John Littleford on 07931 989998.