

To all tennis players, family and friends,

»»NEW DATE FOR WORKSHOP MENTAL TENNIS TRAINING/COACHING««

We are pleased to confirm that on **Sunday 18th April** the team of “Rolo Mental Coaching” will come to Carvoeiro Clube de Ténis to do the mental training workshop for tennis players as well as families and friends of players. The workshop will take 8 hours, starting with four hours in the morning, which are divided in off- and on-court tuition with a one-hour lunch break, after which the remaining four hours of mental coaching are held on court. The workshop will be held in English and Portuguese.

What do you need in order to attend this workshop:

- **note block + pen**
- **be fully equipped with tennis clothes, shoes + racket**
- **Inscription fee of €60,00 per person to be paid in advance at our reception until **Monday 12th April.****
- **be mentally prepared (!) for receiving lots of useful information**

A maximum of 20 persons can participate in this workshop, so be quick and reserve a spot before it's too late!

If you would like to get into the mood and get yourself prepared for this workshop, the team of “Rolo Mental Coaching” sell their book “”Treino Mental no Ténis: Estratégias Práticas para o Sucesso” for the special price of €25,00 and send it to us before the date of the workshop (if we can get a minimum of 10 books ordered). In the attachment you will find some comments from well-known people in the Portuguese tennis world.

We are really enthusiastic about this and are convinced that this workshop will bring many positive things to your tennis. We look forward to your inscriptions!

Your Carvoeiro CdT team