

TIME MANAGEMENT

Many times I hear of players not having enough time, - so lets break down a week:

168 Hours a Week:

School 7.00 am – 3.00 pm = 40 hours a week

Homework = 20 hours a week

Sleep: 7 days x 9 hours = 63 hours a week

Travel = 7 hours a week

Nutrition = 8 hours a week

Tennis Training/matches = 20 hours a week

= 158 hours

10 hours for family, friends and church

NO EXCUSES !!