

Dubai



InMo
MEDVETEN TRÄNING

Experience and unique tennis and sport holiday of the highest caliber and quality.



February 15th-19th 2018. Dubai

CST Tennis Travel and InMo would like to take the opportunity to invite you on this exclusive tennis and physical conditioning trip to Dubai. InMo and physical conditioning expert **Peter Tielman** will explain and teach you how to “survive” many hours on court without injury. You will receive some expert personal a group instruction on how your body is working and performing on and off court. You will come back feeling fitter, more knowledgeable and a more experienced tennis player.

The tennis program with be executed by KLTk private coach **Joe Beaton** with help from resident PBI tennis coaches at the Jumeirah Beach tennis facilities. All PBI (Peter Burwash International) coaches are highly qualified and experienced tennis professionals such as **Ervin Eleskovic**.

• Jumeirah Beach Hotel

With a striking wave-like design, Jumeirah Beach hotel is one of Dubai’s most stunning and instantly recognisable structures. You will be staying in an Ocean Deluxe Room (shared) including breakfast.

• Tennis and conditioning

Enjoy 12 hours of tennis, 6 hours of physical conditioning, 3 hours workshop and some personal analysis. [See next page for details](#)

• Recommended Direct flight ARN-DXB with Norwegian

THU 15 FEB 14.55 - 00.50
MON 19 FEB 02.00 - 06.30
(not included)

• Price 25.400kr

Including 3 nights shared accommodation with breakfast, airport transfer (only with recommended flight above) all fees related to the tennis and physical conditioning program. +8.900kr single occupancy supplement (even numbers).



Learn how to play and practice smart

Warm-ups, cool-downs, stretching... you have all heard of the benefits, but still not everyone does them. On this trip we plan on proving the benefits and therefor, longterm making you a better tennis player.

Individual analysis

We are all different, for this reason **Peter Tielman** will be giving you all some personal and individual help during these days, on and off court. Peter and his colleagues at INMO, have been helping their clients to recover from injuries and perform to the best of their ability for years. You can look forward to the same expert advise and tips uninterrupted in Dubai.

Top-quality destination

CST has selected the perfect destination for this training trip, escape the gloomy Swedish weather and come back fully refreshed and energised. Jumeirah Beach Hotel is one of the finest hotels in Dubai, ad that to great weather expected during this period and you have the perfect recipe for an exceptional sporting experience.

- **Intermediate to advanced tennis level**

In order to provide the best possible tennis experience, we are looking for players with the above tennis level. You will be paired as equally as possible level-wise.

- **Tennis and sport program**

Three full days of tennis (12 hours per person on court) and conditioning on the 16th, 17th and 18th of February.

Tennis program:

9.00-11.00:

3 players + coach or

11.00-13.00:

3 players + coach +

16.00-18.00:

All 12 players on 3 or 4 courts for match practice.

Conditioning program:

30 minutes before and after all tennis sessions, learning a tennis specific warm-up and cool-down.

Relaxed workshops:

Before each dinner you can enjoy a drink and converse with Peter and Joe about different topics, for example the most common tennis injuries and how to prevent them.

- **To sign up**

info@customsporttours.com

Joe 0767-143 769

Peter 0768-987 189