

# REGISTRATION FORM

Name: ..... Class/Sec: ..... DOB: .....

Blood Group: ..... Gender: M/F Cheque No: ..... No. of days: .....

Session: Morning/Evening/Both ..... Parent Name .....

Contact No: ....., ..... Address .....

Sign.....

Date of registration: ..... Coach Sign ..... Principal Sign .....

**Note:-** Cheque may please be favoured on the name "Kensri Trust Sports"

## COACHING STAFF

### Advisor

Srish Kumar

Nominated as best Coach by USTA

### Coach

Somashekar K

## BEST PLAYERS

### National AITA Players

Vidya Barath - Alumni  
 Abrar - Alumni  
 Dhruva Kumar - Alumni  
 Dhvani Kumar - Alumni  
 Rachita - Alumni

### National players

Sanjana John  
 Sahana Sain  
 Jonthan  
 Diya K Kumar  
 Aquifa  
 Harshita Reddy  
 Kirthi Kumar

### State Champion

Nikita Telkhar

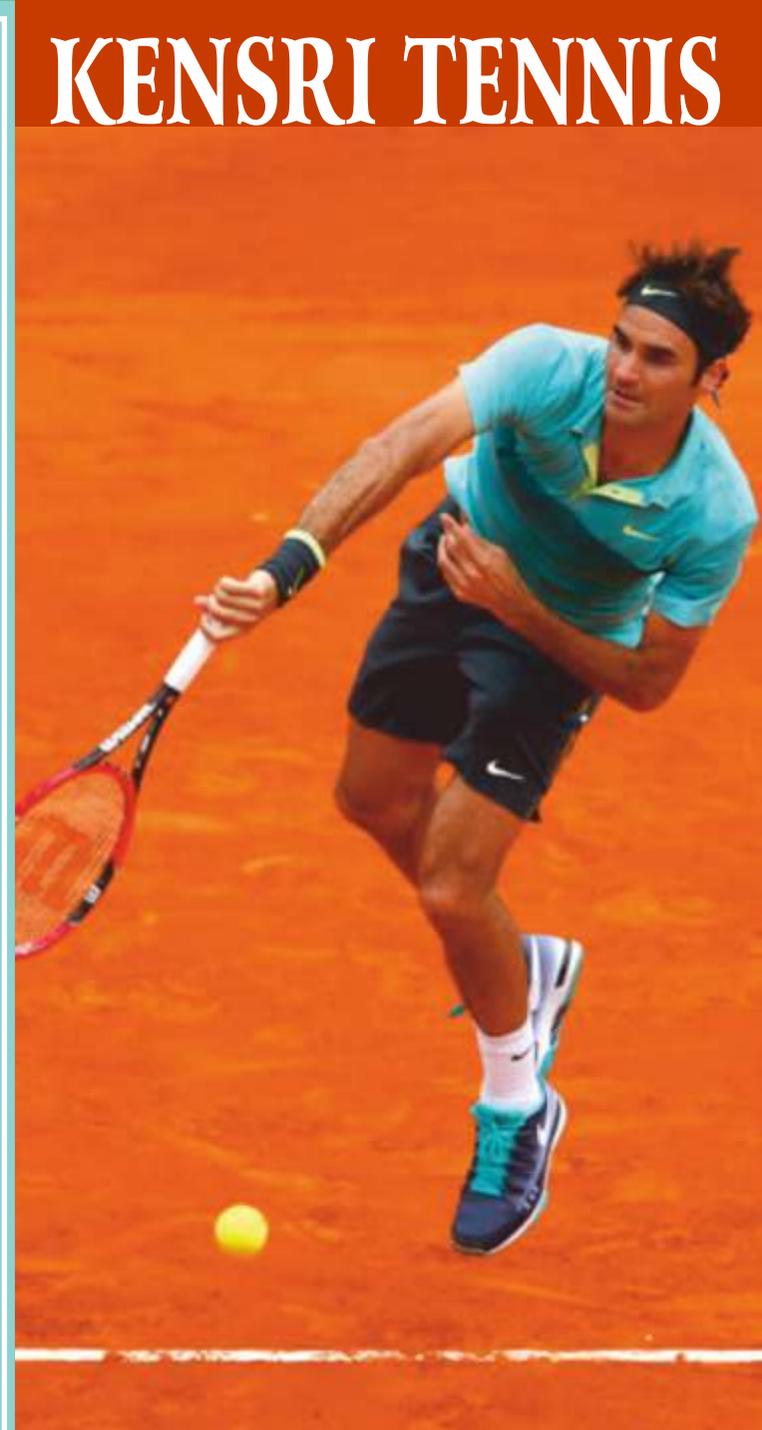
### If you want a complete system

#### Physical

- Fitness
  - Fundamentals
  - Mental Fitness
  - Competition
  - Even Academics
- Futures  
 National  
 International (Sponsored 15 students  
 who have got U.S University  
 Scholarship.

#### Rules

- Student should be in sports attire for their respective sports.
- Student should be 5 minutes before the class start their warmup.
- Student should maintain discipline during coaching. No uncomplimentary language to be used.
- Student should carry jump rope, water bottle, practice book.
- Student should not carry valuable items, vis mobile phone, watches, jewelleries etc.
- Student should not carry any carbonated drinks.
- Student must bring their fitness and practice book for each class.
- Student must arrange sports equipments to its place after the class.
- Student should not throw any items on the sports field.



## KENTENNIS

**Mission:** KENSRI Kensports system is a holistic approach to child development. The approach is to ensure a sustained, committed and intense program to fulfil one's potential.

KENSRI Sports system emphasizes proper behaviour and academic performance. The sports system is structured as an academic subject. The primary purpose of sports is to provide the children with a forum for fun, conditioning/fitness, discipline, character building and to develop competitiveness to reach state, national and international level.

- Improvement of physical fitness
- Acquisition of technical efficiency
- Education and improvement of mental capabilities.

We have a fantastic work place, where commitment & innovation drive us to EXCELLENCE. In addition to coaching in tennis, we are training children to improve quality in fitness constantly. Wonders never cease at KENSRI School and the fun never stops here.

Tennis for everyone

- Lesson and equipment
- Junior (initiation to tournament)
- Senior National & International (Includes International competitions)

**Beginners:** Starts with fundamentals

- Forehand, Backhand, Serve, Movement

**Intermediate:** Starts with warm up

- Volleys, Overhead, Playing points, Entry into tournaments.

**Advance:** Preparation for intense competition with mental and physical toughness

- Getting on national circuit with sound fundamentals, Good mental and physical fitness habits and a passion for excellence.

### Star Performers Program

Star performers have looked at requirement of a growing child. It starts with fun.

**Fun:** By the time they arrive at the door of star performers we have normally asked the parents to give their child a chance to try the system out. Its their winning ability to practice, develop fitness and understand that losing is part of leaning process. If this is fun then they are ready for this signature program unlike any in any country.

They might also be asked to miss out a lot of time with friends, unless they can stay ahead of all of their programs of academic, and other requirements such as fitness etc.

**Sleep:** We know the importance of sleep. Many competitors due to competition schedules are forced to sleep at wrong times during the day and thus ruining their

routines. Watching television is another poor habit that disrupts building stars. We require students to be allowed to watch television only after they finish work and only on Sundays. We encourage them to do a lot of reading ahead for their classes or books of general interest.

**Diet:** The next most important ingredient to make a star is to make sure that the students are getting enough and correct nutrition. Physical and mental growth requires the right food, generally focusing on proteins.

**Exercise:** Must be daily and rigorous in any aspect of development of academic, sports or art. We have included a daily dose of intense fitness activity and yoga for stamina, speed, strength and flexibility.

**Study:** Studying and practicing is an important aspect of daily routine when classes are missed it is important that they are friends to cal and ensure that they are not missing too much. KENSRI star performers has purposely built classes with 5-6 in each class, so that intense lesson can happen. We know that time management is a big challenge to such stars.

KENSRI School's star performer program staff know the competitions and also have a network outside the country to support the students when they reach international levels. No student can know whether they have it in them for stardom until possibly 10th or 11th grade so giving any slip to formal schooling is not a necessary choice as may parents are making. We think is wrong too.

Star performers program is structured for weekly monitoring. It is important to make the children and teachers/coaches/trainers provide weekly progress of improvements. Add a small improvement each day and week it will be a bucket of success and recognition.

Go stars shoot for the stars and pluck it so they can shine around you!

- KENSRI has an infrastructure that allow you to practice individuals
- Every sport has club.
- U-10, U-12, U-14 FUTURES tournament is conducted
- Our effort is to produce state & national level players.

- Hand and eye coordination.
- Fitness
- Skills and fun activities.

## **SANKALP PROGRAM**

		Children program				Adult program			
		Morning	Evening		Weekend	Futures	Weekend	Week days	
Tennis	KENSRI student	3 Days	5 Days	3 Days	5 Days	Saturday & Sunday	2 Days	3 Days	5 Days
	Out siders	2000/-	5000/-	3000/-	4500/-	2000/-	2500/-	3500/-	5000/-
		3000/-	5000/-	4000/-	5000/-	200/- per person	2500/-		
<b>Batch</b>	<b>Morning - 7.00 a.m to 8.00 a.m</b> <b>Noon - 1.30 p.m to 3.00 p.m (beginners)</b> <b>Evening - 3.00 pm to 4.30 pm</b> <b>4.30 pm to 5.30 pm</b>	<b>Batch</b>	<b>Week end</b>	<b>7.00 a.m to 8.30 a.m</b> <b>8.30 a.m to 10.00 a.m</b>					