



Tennis practices Fjölknir & Þróttur – Summer 2021

Location: Tennis courts at Þróttur in Laugardalur and Tennis courts in Egilshöllin

FJÖLKNIR and ÞRÓTTUR will once more hold their Summer tennis practices in collaboration this Summer.

Tennis practices offered are for children/youngsters and adults of all levels. Head coach: Carola Frank

Carola Frank has a Ph.D. in Movement Analysis and Motor Development from Auburn University, USA, as well as an M.S. degree in Adapted Physical Education from Auburn University at Montgomery, USA. She competed as a junior player in Brazil, and went later on to compete in collegiate tennis at AUM in the US, reaching with her team the NAIA National Championship title. Carola also has experience in professional circuit competition, playing in several qualifying and some main draws between the years of 1984 and 1992. She then went on to coach College tennis in the NAJCCA taking her team to Nationals in her first season as a coach, and receiving the most valuable new coach award from the USA in 1995. Carola has over 30 years coaching experience and has coached both the Icelandic women's national team, as well as now, the national junior's developmental program of the Icelandic Tennis Association (TSÍ). Further information on the Fjölknir coaches, including Alana Elín and Irka Cacicedo, as well as on the program itself can be found on the Fjölknir –tennis site: <https://fjolnir.is/tennis/> and <https://fjolnir.is/tennis/thjalfarar/>

Practices will start on the 7th of June and will go until August 16th

Mondays & Wednesdays – Tennis courts at þróttur in Laugardalur

17:00 - 18:30 – Advanced young competition players (coach: Carola)

18:30 – 19:30 - Intermediate and advanced adult players (coach: Carola)

Mondays & Wednesdays – Tennis courts in Egilshöllin - Grafarvogur

17:30 – 18:30- beginner adult players with some experience (coach: Irka)

18:30 – 19:30 - beginner adults – 1st time players (coach: Irka)

PRICES:

	1 month	2 months	2,5 months (until August 16th)
1 hour per week	13.000 kr	24.000 kr	32.000 kr
1,5 hours per week	19,500 kr	30,000 kr	38,000 kr
2 hours per week	24.000 kr.	36.000 kr	40.000 kr
3 hours per week	30,000 kr	40,000 kr	55,000 kr

“Klippikort” valid for the entire Summer, allowing people to attend whenever suits them:

5 x card: 20,000 kr

10 x card: 36,000 kr

Þrek einkaþjálfun/conditioning personal training practice for competition players – scheduled twice a month on an individual basis with coach Alana Elín:

Fjölknir/þróttur players: 10,500 kr for entire Summer Other club players: 15,000 for entire Summer

NO-SHOWS in personal training conditioning sessions are charged the actual value of the session (i.e: 7000 kr). Cancellations must be done with a minimum of 24-hour advance notice.

Þjálfari metur hvaða hópur hentar hverjum og einum. Coaches evaluate and assign a player's level.

Einnig er hægt að fá tennis einkaþjálfun í tennis á öðrum tímum. It is also possible to schedule private individual and group tennis lessons directly with the coaches.

Registration and more information:

Carola - brazilian_2001@hotmail.com Fjölknir - skrifstofa@fjolnir.is – 578-2700

Those registered in Summer practices will be offered a 50% discount of the access yearly fee to use the courts of þróttur if desired. For further information on such access please contact Bragi Leifur Hauksson, bragihauksson@gmail.com, s. 864-2273.

Þess verður gætt að fylgja fyrirmælum íþróttahreyfingarinnar og sóttvarnarlæknis! Please note that throughout the term we must follow the health regulations in place imposed to control the COVID-19 pandemia.