

8th SBTTFW 2024

Presentation and Application



20th of April – 27th of April 2024 (SBTTFW 1)

28th of April – 5th of May 2024 (SBTTFW 2)

... one of the most unique family experiences for talented children who dream tennis...

...it is an opportunity to experience Smrikva Bowl heritage and feel some of the elements which are proved to determine the long term quality tennis talent development...

SMRIKVA BOWL TENNIS TALENTS FAMILY WEEK - (SBTTFW)

SBTTFW is a unique long term impact development holiday experience for Smrikva Bowl children and their families initiated in 2015 by Mio, Smrikva Bowl - „La Bottega“ di Smrikve founder, and Luca Appino, Tennis Talents founder.

Mio & Luca are friends for over 20 years and share the same passion for the game of tennis... they share the curiosity to constantly study the evolution of the game, observe, and have the possibility to continuously exchange their findings and experiences on yearly basis... their vision of the tennis game constant evolution and their vision of the importance of the family in the process were the inspiration behind starting this unique holiday experience...

Smrikva Bowl traditionally gathers high level oriented players and SBTTFW is an opportunity for selected players and families to get to know the Tennis Talents method and his founder and it also an opportunity to start to explore with SB founder the invisible force present in all the tennis matches which determines the flow of the matches... for more experienced players who already attended the family weeks there is a possibility to experience the foundations of the stable peak performance (the balance and mutual respect between the body and mind).

Luca Appino has important scouting tennis talents experience. In eight years he selected players from 11 to 15 years of age and five of them reached #1 ranking on the ATP/WTA ranking: Rafael Nadal, Andy Roddick, Kim Clijsters, Dinara Safina, Caroline Wozniacki. In addition over 20 players reached TOP 50 ATP/WTA level. He coached several ATP/WTA players and with two different players won junior Grand Slam titles. Today is dedicating his time to help several players, coaches and families around the world to develop their potential.

Mio's tennis experience developed through developing Smrikva Bowl event which had impact on many current tennis stars around the world; „La Bottega“ di Smrikve had also impact on many tennis players and families who spent their holidays in Smrikve. He is PTR Certified Professional Tennis Coach with nearby 350 tennis and sports books studied so far to support the empirical findings built on daily basis... and is constantly observing the evolution of the game through Smrikva Bowl players, through his own coaching experiences and Symposiums attended...

Mio's formal education does not include only tennis but also: Maths-Information Science, Conservatory of Music, Business Administration degree in Finance and Financial Institutions, Master in Common European Management Science (CEMS), Political Science degree, post-degree Citicorp Associate Development Program, post-degree European House Ambrosetti Young Leaders Program, and tennis related Van der Meer Tennis University Europe... he is PTR Certified Professional Tennis Coach, certified member of ISMCA International Sport Mental Coach Association, certified Chair and Line Umpire by Association of Croatian Tennis Umpires and is member of Croatian Tennis Coaches Association.

In the following we are pleased to present each family week Alumni. The first Tennis Talents session for the Smrikva Bowl players was held in Smrikve in June 2010. It was a pilot project on which the SBTTFW idea was built few years later:



- Jovana Vuković (Srb) –USA
- Tamara Dlačić (Srb)
- Kosta Petrov (Srb)

- Alexa Butera (Usa)-USA
- Kiro Paul Barra (Ger)
- Andreja Petrović (Nor) -US/ATP

- Claire Liu (Usa) – WTA
- Kiran Dhull (Uk)
- Max Motlagh (Usa) - USA

During 2014, Mio and Luca agreed to create this special holidays experience and give the possibility to selected Smrikva Bowl players and families to enjoy their family time and combine it with high quality tennis related time... Over the years our Family Weeks proved to be a unique quality holiday experience for the families who are wishing to increase the chances for their children to fully develop their potential... whatever this potential could be...

April 2015, 1st SBTTFW:



- June Bjork (Swe) - **WTA**
- Leah Gonzales Edwards (Uk) **USA**
- Tadej Mihajlović (Srb)
- Vardhan Karkal (Ind)
- Ivan Sabanov (Cro)- **ATP**
- Matej Sabanov (Cro) - **ATP**
- Anđela Skrobonja (Srb)- **USA**
- Tara Sladaković (Cro) - **ITF**

April 2016, 2nd SBTTFW:



- Matthias Uwe Kask (Can) – **USA**
- Ana Tara Praček (Slo)
- Lorenzo Sciahbasi (Ita) – **ITF/ATP**
- Maria Timofeeva (Rus)-**WTA**
- Tara Sladaković (Cro) - **ITF**

April 2017, 3rd SBTTFW:



- Yannick Ngantcha (Esp,Ita,C)
- Roben Gavani (Bul) - **ITF**
- Sofia Segui Edmundson (Esp,UK)
- Ana Tara Praček (Svn)
- Malwina Rowinska (Pol) – **USA**
- Stefan Sladaković (Cro)
- Edit Cosmo (Swe) - **ITF**
- Tara Sladaković (Cro) - **ITF**
- Ayline Ngantcha (Esp,Ita,C)

April 2018, 4th SBTTFW (1st week):



- Žiga Šeško (Svn) - **ITF**
- Uxue Azurza Frade (Esp)
- Paolina Pieragostini (Sv,Ita)
- Staša Bulatović (Mne) - **ITF**
- Rares Golescu (Rou) - **ITF**
- Stefan Sladaković (Cro)
- Trian Lakha (UK)
- Tara Sladaković (Cro) - **ITF**

April 2018, 4th SBTTFW (2nd week):



- Jaša Cvek (Svn)
- Stefan Sladaković (Cro)
- Sofia Segui Edmundson (Esp,UK)
- Ana Tara Praček (Svn)
- Edit Cosmo (Swe) - **ITF**
- Jacob Shen (Hkg) - **ITF**
- Hannah Shen (Hkg) - **ITF**
- Michele Mecarelli (Ita) - **ITF**
- Manuella Persson (Cro,Swe) - **ITF**
- Tara Sladaković (Cro) - **ITF**

April 2019, 5th SBTTFW (1st week):



- Karlo Brkić (Cro)
- Stefan Sladaković (Cro)
- Fabian Đitko (Cro)
- Alessia Beatrice Chiriatic (Rom)
- Manuella Persson (Cro,Swe) - **ITF**
- Tara Sladaković (Cro) - **ITF**

April 2019, 5th SBTTFW (2nd week):



- Žiga Šeško (Svn) - **ITF**
- Stefan Sladaković (Cro)
- Sofia Segui Edmundson (Esp,UK)
- Paolina Pieragostini (Sv,Ita)
- Angelica Sara (Ita) – **ITF**
- Annathea Sara (Ita) - **ITF**
- Ana Tara Praček (Svn)
- Tara Sladaković (Cro) - **ITF**
- Kaaviyan Pradhaban (UK)

2020 SBTTFW weeks were moved to spring 2021 due to coronavirus pandemic, and were forced to be moved again to spring 2022.

April 2022, 6th SBTTFW (1st week):



- Kayleigh Busuttil Fitzpatrick (Mlt)
- Stefan Sladaković (Cro)
- Benjamin Rehor (Cze) - **ETA**
- Korana Barišić (Cro) - **ETA**
- Berke Bozkurt (Tur)
- Kan Ahić (BiH) - **ETA**
- Timothy Putinja (Cro) - **ETA**
- Tara Sladaković (Cro) - **ITF**

May 2022, 6th SBTTFW (2nd week):



- Aran Selvaraasan (UK) - **ETA**
- Stefan Sladaković (Cro)
- Jayden Olimadeji (UK) - **ETA**
- Sofia Ferraris (Ita) - **ETA**
- Max Šenjuc (Cro)
- Eric Sebastian Sandu (Rom) - **ETA**
- Ana Tara Praček (Svn)
- Tara Sladaković (Cro) - **ITF**
- Lea Šegota (Cro) - **ETA**

April 2023, 7th SBTTFW:



- Sofia Ferraris (Ita) - ETA
- Roman Andreev Ferraris (Ita)
- Margherita Losco (Ita)
- Sebastiene Safar (USA, Fr)
- Camilla Cecchia (Ita)
- Katsiaryna Unuchka (Blr)
- Aliaksandra Unuchka (Blr)
- Luca Godaux (Bel)
- Bianca Fagerlund (Swe)
- Viktor Damyanov (Ger,Bgr)

MORE ABOUT 8th SBTTFW 2024:

- Family week is traditionally limited to **maximum 6-8 families** per week
- In 2024 the family weeks will take place from Saturday 20th of April – Saturday 27th of April 2024 and from Sunday 28th of April – Sunday 5th of May 2024)
- **The families** during their **stay** are based in **Smrikve**
- **Deadline** is traditionally **8th of April** 2024... (we reserve the right to bring forward the deadline date once the number of invited families equal the number of players-families we can invite)
- SBTTFW is in general dedicated to the players who attended Smrikva Bowl or have been selected to play Smrikva Bowl. In addition:
 - brothers or sisters of the SB player are allowed to apply
 - players who stayed and trained in Smrikve are allowed to apply
 - players who are supported by the past Smrikva Bowl player's family can also get evaluated for this holiday experience.
- 8th SBTTFW 2024 will be, as per tradition, dedicated to players born in various age groups. During SBTTFW each player experience on their own the elements that are shared during the day.



During Family Week we were able to share on average between 45-55+ quality hours of experiences with families and players.

PROGRAM 1st week
8th Smrikva Bowl Tennis Talents Family Week (SBTFW) 2024
20th of April – 27th of April 2024

SBTFW 1. Arrival: Saturday, April 20

7:00 -8:30 PM Introductory Presentation: human individual - sport development and TT System (Formula and Method) overview

First Day SBTFW: Sunday, April 21

- 10:00 -10:30 AM Introduction and Activation
- 10:30 AM - 12:30 PM work on the courts with focus on Reversed-Outcome based Pedagogy/Effectiveness (task-constraint-environment approach) **“Play with margin to stay in the point”** (main sense: thinking)
- 3:00-5:00 PM work on the courts - Tactics (situation A: neutral)
- 7:00 -8:30 PM classroom: Momentum – the hidden force in tennis (introduction movie)

Second Day SBTFW: Monday, April 22

- 8:30 – 9:00 AM Activation time
- 9:00 – 11:00 AM work on the courts with focus on: Efficiency - Fluidity of movements and acceleration (individual style and key technical elements of the strokes to achieve desired outcomes) **“Speed of spin”** (main sense: balance)
- 11:00 AM -12:30 PM Players’ on court assessment
- 2:00 - 4:00 PM work on the courts - Tactics (situation B: offensive & defensive)
- 4:15 -5:15 PM individual interview with the parents of a player
- 5:15 -6:15 PM individual interview with the parents of a player
- 7:00 -8:30 PM classroom: Management of the hidden force in tennis

Third Day SBTFW: Tuesday, April 23

- 8:30 – 9:00 AM Activation time
- 9:00 – 11:00 AM work on the courts with focus on: : Footwork, timing and rhythm (overall movement) **“Move the opponent”** (main sense: vision and feeling)
- 11:00 AM - 12:30 PM Players on court assessment
- 2:00 - 4:00 PM work on the courts - Tactics (situation C: playing at the net)
- 4:15 -5:15 PM individual interview with the parents of a player
- 5:15 -6:15 PM individual interview with the parents of a player
- 7:00 -8:30 PM classroom: Game management when the Momentum is not with you

Fourth Day SBTTFW: Wednesday, April 24

- 8:30 – 9:00 AM Activation time
- 9:00 – 11:00 AM work on the courts with focus on: Ideal hitting zone **“Take time away from the opponent”** (main sense: hearing)
- 11:00 AM-12:30 PM Players on court assessment
- 2:00 - 4:00 PM work on the courts - Tactics (situation D: speed & relevant targets)
- 4:15 -5:15 PM individual interview with the parents of a player
- 5:15 -6:15 PM individual interview with the parents of a player
- 7:00 -8:30 PM classroom: Momentum individual experience

Fifth Day SBTTFW: Thursday, April 25

- 8:30 – 9:00 AM Activation time
- 9:00 – 11:00 AM work on the courts : overall review from previous topics
- 11:00 -0 :30 PM Players on court assessment
- 2:00 - 4:00 PM work on the courts with focus on Tactics (plan E)
- 4:15 -5:15 PM individual interview with the parents of a player
- 5:15 -6:15 PM individual interview with the parents of a player
- 7:00 -8:30 PM classroom: Momentum and emotions (second revealing movie)

Sixth Day SBTTFW: Friday, April 26

- 8:30 – 9:00 AM Activation time
- 9:00 – 12:00 AM matches
- 2:00 - 4:00 PM matches
- 6:00 -7:30 PM classroom: Graduation

Departure home: Saturday, April 27

- Each alumni will receive a brief written report

MOMENTUM:

There is an invisible energy present in every tennis match. Can be sensed by the player but also by people attending and watching the match and knowing a bit more about it can help us to manage this invisible energy. The players able to manage the momentum are usually named by others mentally tough players.

Tennis matches are not won by the players with the nicest looking strokes but by those who do not beat themselves. For many players toughest competition does not come from the player standing on the opposite side of the net but rather from the opponent located between our ears. We can call the opponent located between our ears the “dark side of tennis”. When the things do not go our way, the „dark side of tennis“ springs to life and uses his weapons – impatience, anger and fear – to take over our minds and destroy our game!

PEAK PERFORMANCE:

Spontaneous performance occurs only when the mind is calm and seems to be at one with the body. This process does not have to be learned; we already know it. It is similar to the process we used to learn to walk and talk. All that is needed is to unlearn those habits which interfere with peak performance and then just let it happen.

Development of inner skills is required to learn how to focus your attention and how to trust in yourself. The skill of mastering the art of effortless concentration is invaluable in whatever you set your mind to.

PROGRAM 2nd week
8th Smrikva Bowl Tennis Talents Family Week (SBTFW) 2024
28th of April – 5th of May 2024

SBTFW 2. Arrival: Sunday, April 28

7:00 -8:30 PM Introductory Presentation: human individual - sport development and TT System (Formula and Method) overview

First Day SBTFW: Monday, April 29

- 10:00 -10:30 AM Introduction and Activation
- 10:30 AM - 12:30 PM work on the courts with focus on Reversed-Outcome based Pedagogy/Effectiveness (task-constraint-environment approach) **“Play with margin to stay in the point”** (main sense: thinking)
- 3:00-5:00 PM work on the courts - Tactics (situation A: neutral)
- 7:00 -8:30 PM classroom: Momentum – the hidden force in tennis (introduction movie)

Second Day SBTFW: Tuesday, April 30

- 8:30 – 9:00 AM Activation time
- 9:00 – 11:00 AM work on the courts with focus on: Efficiency - Fluidity of movements and acceleration (individual style and key technical elements of the strokes to achieve desired outcomes) **“Speed of spin”** (main sense: balance)
- 11:00 AM -12:30 PM Players’ on court assessment
- 2:00 - 4:00 PM work on the courts - Tactics (situation B: offensive & defensive)
- 4:15 -5:15 PM individual interview with the parents of a player
- 5:15 -6:15 PM individual interview with the parents of a player
- 7:00 -8:30 PM classroom: Management of the hidden force in tennis

Third Day SBTFW: Wednesday, May 1

- 8:30 – 9:00 AM Activation time
- 9:00 – 11:00 AM work on the courts with focus on: : Footwork, timing and rhythm (overall movement) **“Move the opponent”** (main sense: vision and feeling)

- 11:00 AM - 12:30 PM Players on court assessment
- 2:00 - 4:00 PM work on the courts - Tactics (situation C: playing at the net)
- 4:15 -5:15 PM individual interview with the parents of a player
- 5:15 -6:15 PM individual interview with the parents of a player
- 7:00 -8:30 PM classroom: Game management when the Momentum is not with you

Fourth Day SBTFW: Thursday, May 2

- 8:30 – 9:00 AM Activation time
- 9:00 – 11:00 AM work on the courts with focus on: Ideal hitting zone **“Take time away from the opponent”** (main sense: hearing)
- 11:00 AM-12:30 PM Players on court assessment
- 2:00 - 4:00 PM work on the courts - Tactics (situation D: speed & relevant targets)
- 4:15 -5:15 PM individual interview with the parents of a player
- 5:15 -6:15 PM individual interview with the parents of a player
- 7:00 -8:30 PM classroom: Momentum individual experience

Fifth Day SBTFW: Friday, May 3

- 8:30 – 9:00 AM Activation time
- 9:00 – 11:00 AM work on the courts : overall review from previous topics
- 11:00 -0 :30 PM Players on court assessment
- 2:00 - 4:00 PM work on the courts with focus on Tactics (plan E)
- 4:15 -5:15 PM individual interview with the parents of a player
- 5:15 -6:15 PM individual interview with the parents of a player
- 7:00 -8:30 PM classroom: Momentum and emotions (second revealing movie)

Sixth Day SBTFW: Saturday, May 4

- 8:30 – 9:00 AM Activation time
- 9:00 – 12:00 AM matches
- 2:00 - 4:00 PM matches
- 6:00 -7:30 PM classroom: Graduation

Departure home: Sunday, May 5

- Each alumni will receive a brief written report

MORE ABOUT LUCA'S TENNIS TALENTS PROJECT

At Tennis-Talents (TT) you will find focus on young, high level oriented players. TT guide a player and his/her family on the path to professional tennis helping to define the best possible individual project.

Many years of success in scouting, coaching and advising are the guarantee of TT's way of working, based on TT Formula and TT Method. It is matter of fact that a lot of players, who have a good potential, do not succeed, mainly for not having an appropriate career project. Families without expertise are trying to "walk" and very often fail.

To assess an individual player Luca follow the TT Formula that represents knowledge distilled from years of succesful experience in the world of tennis. With it he establish the parameters for understanding the present situation of a player and the family, he identify the priorities to work on and help to set up the best possible project to achieve the goals agreed together.

With the TT Method, a philosophy and set of principled guidelines (Mental, Physical, Technical and Tactical) once identified the priorities to work on with the TT Formula, he guide the player to improve in the best possible way in order to express his/her potential.

„A player can be only as good as the team working with.“



MORE ABOUT LUCA APPINO PAST EXPERIENCES

Luca Appino is Maestro of The Italian Tennis Federation and PTR Professional for over 30 years. He is a tennis related science researcher. In particular his interest is focused on the application of the Reversed Pedagogy on which he developed the "Tennis Talents Method", a holistic teaching and coaching approach that starts from tactics, vs. imposing standard movements.

Luca started his carrier in Italy and for over 10 years was dedicated to the development of tennis schools in various clubs. He has experience in management and marketing working for famous companies in the tennis industry such as: Alto, Maxima, Dunlop and Babolat. The evolution of Babolat from stringing to a racket company was possible thanks Luca Appino's ability in talent scouting.

For Babolat he selected various young and, at the time, unknown players, from 11 to 15 years old; five of them reached the #1 position in the ATP and WTA: Rafael Nadal, Andy Roddick, Kim Clijsters, Dinara Safina and Caroline Wozniacki.

After Babolat experience he was director for a year of Mouratoglou Tennis Academy in Paris.

In 2007, Luca received the PTR Industry Award for the results obtained in talent scouting and for the development of the tennis industry in general. In 2009, his first book : "The world of Rafael Nadal, secrets of his success", written in collaboration with Toni Nadal, was published in English, French and Spanish.

In 2008 Luca founded Tennis-Talents and implemented the TT Formula and TT Method; he led seminars and workshops around the world. During his coaching experience, Luca guided the Estonian player Kaia Kanepi from #60 WTA to #18 WTA ranking.

From August 2010 to July 2011, he was the Executive Tennis Director of the Tunisian Tennis Federation and coach of Ons Jabeur, the Roland Garros Junior 2011 winner.

In 2013 and 2014 worked with Ante Pavic (CRO). In less than one year his ranking went from #495 to #130 in the ATP World Singles Ranking. Later on he coached Tadeja Majerić and Donna Vekić.

Over the last years Luca is helping several Smrikva Bowl players and families who attended Smrikva Bowl Tennis Talents Family Weeks around the world to develop and fully express their potential.

At the same time he is also helping various tennis talents and coaches around the world in their development, and in 2021 he published his second book „A journey to discover talent“.

MORE ABOUT MIO

Mio's formal education background includes different fields (maths information science, music, finance, political science & philosophy, art, history & tennis):

Mio's formal education background includes:

- *Maths information science high school completed with highest marks; completed at the same time also Conservatory of music. Elementary music school which last six years completed in four years and as accordion player was awarded several times with National, International and World prizes. Learned to play piano and guitar on his own.*
- *Graduated in Finance at Bocconi University in Milan - top 10 World Business University (4 years program –according to current Bologna system would be 3+2 equivalent to a Masters degree in Finance) – graduation mark 110/110 with magna cum laude, awarded with Bocconi's golden medal as top student of the generation.*
 - o *Participated in exchange program with ESADE University (Escola Superior d'Administració i Direcció d'Empreses) – another top tier European Business University located in Barcelona*
- *Obtained Master in Common European Management Science (CEMS) – top International Management Master*
 - o *Completed program requirements at ESADE (Barcelona) & Bocconi University (Milan)*
- *Completed Citicorp Associate Development Program in New York*
- *Young Leaders program member at The European House - Ambrosetti in Milan. Participated at Cernobbio convention.*
- *Graduated in Political Science at Milan University (4 years program – according to Bologna system would be 3+2 equivalent to a Masters degree in Political Science)*
- *Van der Meer Tennis University Europe permanent education program (Professional Tennis Registry - PTR) – title Professional*
 - o *International Sport Mental Coach Association (ISMCA) member;*
 - o *Certified Chair and Line Umpire (Croatian Tennis Association);*
 - o *Croatian Tennis Coaches Association member.*

Among professional experiences his Investment Banking experience was built in the following institutions: KPMG Peat Marwick, JP Morgan, Citigroup (Citibank - Salomon Smith Barney), Banca IMI (Intesa San Paolo), UBS (Union Bank of Switzerland).

Other experiences:

- founded Smrikva Bowl in 1996 (2400+ families, 101 country & six continents story)
- Smrikve limited editions of wine making started in 2004 (101 country & six continents story)
- Olive oil limited editions making started in 2005 (101 country & six continents story)
- completed „Unione Europea e Democrazia Cosmopolita – un’idea per la pace“ book in 2005
- completed 4 stars Villa Smrikve Charme in 2006
- „La bottega di Smrikve“ holiday program started in 2007 (over 160+ families attended)
- completed and published on line cultural e-book „Istria from Smrikve“ in 2009
- founded Smrikva Bowl library in 2009 (counting over 3100+ books out of which over 345 tennis and sport related books that are used in „La bottega di Smrikve“ experiences)
- completed 5 stars Villa Smrikve Lounge in 2012
- started to coach his niece individually in 2014 (top National player U10,U12,U14,U16 & U18) and his second niece individually in 2023
- started Smrikva Bowl Tennis Talents Family Week (SBTTFW) holiday program in 2015 (over 70+ past Smrikva Bowl families attended)
- and Smrikva Bowl M+ Family Holiday Week (SBM+FHW) is a new holiday opportunity



As of January 8th, 2024 SB „seeds of the Legends“ track record includes the following:

- 99 professional ATP/WTA titles (3 Grand Slams) conquered by 30 players
- 46 Grand Slam titles (including junior titles) conquered by 35 players
- 1 Olympic golden medal (singles) & 1 Olympic silver medal (doubles)
- 2 NEXT GEN ATP Finals titles
- 2 Davis Cup & 1 Billie Jean King Cup
- 81 players reached TOP 200 ATP/WTA ranking
=> 40 players reached TOP 100 ATP/WTA ranking
=> 13 players reached TOP 20 ATP/WTA ranking
=> 5 players reached TOP 10 ATP/WTA ranking
=> 1 player reached #1 ATP
- 13 players reached #1 ITF ranking
- 312+ SB players received scholarships to study & play tennis for the US Universities.

<https://www.smrikve.com/smrikva-bowl/la-bottega-di-smrikve/>

APPLICATION FORM (WEEK 1)

8th Smrikva Bowl Tennis Talents Family Week (SBTFW) 2024
(20th of April – 27th of April 2024)

NAME: _____ SURNAME: _____

Date of Birth: _____ Played Smrikva Bowl in (year) : _____

SB player or SBTFW Alumni supporting my candidacy: _____

My level of English: _____ very good _____ basic _____ very poor

Other Languages I am fluent in: _____

Family e-mail: _____

Current ranking: _____ (national) _____ (international)

Best ranking: _____

Most important result: _____

People coming: 1+ _____ Arrival Date: _____ Departure Date: _____

Name of my current coach: _____

I started to play tennis when I was _____ years old

Currently I practice: _____ hours per week, of WHICH:

_____ hours individually

_____ hours with other players (or sparing)

_____ hours I dedicate to coordination-footwork exercises

_____ hours I spend in massage and body stretching

_____ hours to improve mental part of my game

_____ hours practicing other sports. Such as: _____

MY STRENGTHS ARE: _____

AREAS THAT I WISH TO IMPROVE ARE: _____

ACCOMMODATION:

SMRIKVE LOUNGE Villa: _____ EARTH, _____ CLOUD, _____ SUN, _____ WIND;

Villa SMRIKVE: ___ Villa SMRIKVA Charme, ___ TRS Apartment, ___ ULIKA Apartment, ___ ARMULIN.

APPLICATION FORM (WEEK 2)

8th Smrikva Bowl Tennis Talents Family Week (SBTFW) 2024
(28th of April – 5th of May 2024)

NAME: _____ SURNAME: _____

Date of Birth: _____ Played Smrikva Bowl in (year) : _____

SB player or SBTFW Alumni supporting my candidacy: _____

My level of English: _____ very good _____ basic _____ very poor

Other Languages I am fluent in: _____

Family e-mail: _____

Current ranking: _____ (national) _____ (international)

Best ranking: _____

Most important result: _____

People coming: 1+ _____ Arrival Date: _____ Departure Date: _____

Name of my current coach: _____

I started to play tennis when I was _____ years old

Currently I practice: _____ hours per week, of WHICH:

_____ hours individually

_____ hours with other players (or sparing)

_____ hours I dedicate to coordination-footwork exercises

_____ hours I spend in massage and body stretching

_____ hours to improve mental part of my game

_____ hours practicing other sports. Such as: _____

MY STRENGTHS ARE: _____

AREAS THAT I WISH TO IMPROVE ARE: _____

ACCOMMODATION:

SMRIKVE LOUNGE Villa: _____ EARTH, _____ CLOUD, _____ SUN, _____ WIND;

Villa SMRIKVE: ___ Villa SMRIKVA Charme, ___ TRS Apartment, ___ ULIKA Apartment, ___ ARMULIN.