

Adjusted plan from 17.11.2020 to 01.12

As informed yesterday, Oslo Municipality has introduced a ban on indoor sport activities for young people between 13 and 19 years. Closure of training for these players will be from today Tuesday 17 November to 1 December. (players under 13 will be sent an adjusted tennis plan.)

It is of course a pity that regular tennis training unfortunately has to be cancelled. However, we have come up with an alternative training plan that is still legal under new rules. To make most out of the time when we are not able to play tennis, we will focus on the fitness program, an equally important part of any athlete's development!

NTK has secured an outdoors venue where we will be doing most of the fitness practices. **Sportsplassen (Jomfrubråtveien 61)**
If the weather doesn't allow any outdoor activities, you will be sent an alternative home practice program for the day.

Locations for Tuesday and Thursday practices will be sent via Facebook. (Nordstrand TK Lions - Konkurransen 12-19)

The schedule will be as follows: **We start the 17th of november!**

	Sportsplassen (Jomfrubråtveien 61)	Changeable locations	Sportsplassen (Jomfrubråtveien 61)	Changeable locations	Sportsplassen (Jomfrubråtveien 61)
	Monday	Tuesday	Wednesday	Thursday	Friday
15.00	U14 Konkurransen & U15 Toppidrett	U14 Konkurransen & U15 Toppidrett	U14 Konkurransen & U15 Toppidrett		U14 Konkurransen & U15 Toppidrett
16.00	15+ Konkurransen & Toppidrett	15+ Konkurransen & Toppidrett	15+ Konkurransen & Toppidrett	Konkurransen & Toppidrett	15+ Konkurransen & Toppidrett
17.00	Toppidrett extra	Toppidrett extra			
Equipment	Running shoes, Tennis racket, Resistance bands	TBA	Running shoes, Tennis racket, Resistance bands	Running shoes	Running shoes, Tennis racket, Resistance bands

- if you can not make it time for your group or you can start at an earlier time let me know.

Med vennlig hilsen/ Best regards

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