



Monday, October 12, 2020 - SSŠŠ Trenčianske Teplice



Some of our talented
football players will
join youth national
teams.

9. 9. 2020



Are you about to join the sport with education?
Do not hesitate.....
You are on right place! We are here for you!



Our successful
athletes

We are looking for you

The tennis club in Trenčianske Teplice is looking for children to play tennis. The main goal of the club is to offer a comprehensive background and provide professional sports training for children and club players, while expanding the player base with an emphasis on children's products. The club has group and individual trainings. In groups, children practice their skills and, in particular, their technique in individual training. We also offer a wellness centre with swimming pool, sauna and beds. Wellness is 2 hours every Wednesday.

Dear parents and children if you fancy about taking in playing tennis, do not hesitate and come to join our tennis club.

Looking forward to your visit.

By: Milan B.



Contact tel. number: +421 32 655 2677
+421 911 552 677



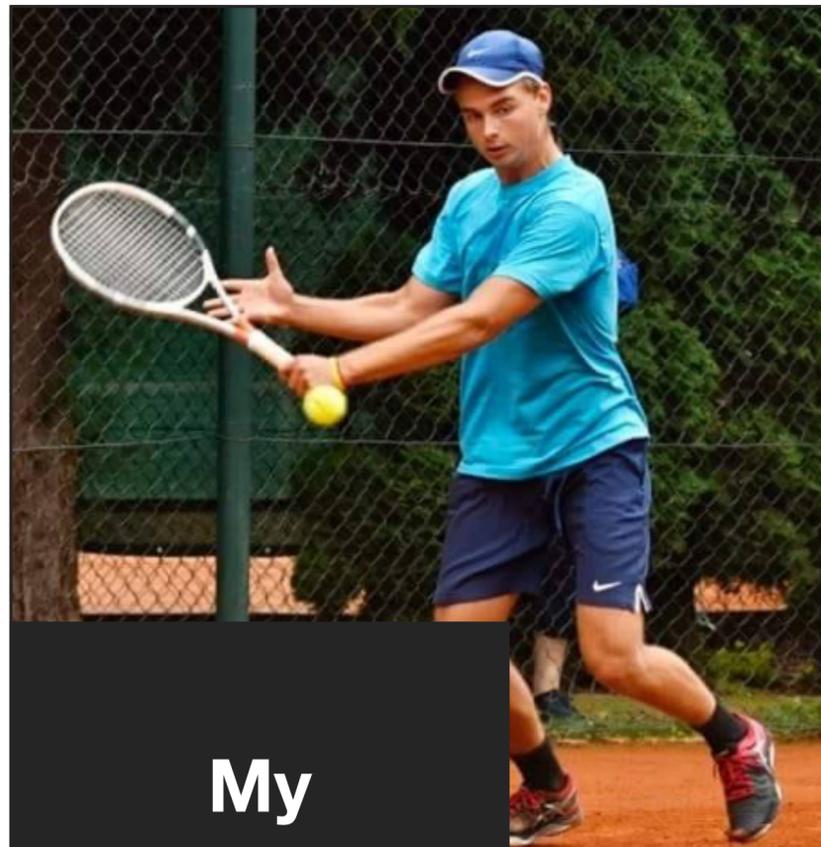
My love, my pleasure is ...

Tennis is currently one of the most popular sport in the world. It is played by a lot of players and by many people of all ages as well. Gradually, tennis is gaining more and more popularity.

A meaningful spending of leisure time is very important for a child's development. Exercise is a properly alternative to watching television or playing computer games, which can lead to kid's obesity. From my point of view tennis helps to educate children in a sport spirit, improving their physical fitness in a playful way and the tennis court becomes a place of fun.

I am convinced, that playing tennis is not just a game. The child drains excess energy, relaxes from sitting all day at the school desk and makes new friends. Trainings develop moving skills and movement coordination. This sport supports the child's development not only physically but also mentally. Children learn how to play fair, improve developing of their independence, self-confidence, they are able to concentrate better and their reactions are improving too. As you can see, all you need is to wear comfortable sportswear, suitable shoes, to have a tennis racket, good mood and you are ready to play!

By: Scarlett V.



By: Tomas S.

My encourage for youngsters

First of all my favourite sport is tennis. Obviously, it is because I play tennis. I am writing this article to encourage you to play my sport and tell you why it is so worth. I think I have chosen tennis mainly because it is an individual sport. Not for that reason that I would not be a great teammate. The reason is because you are responsible for all your moves. And you can solve all the problems by yourself. Secondly, I mean tennis is good for you and there are many reasons which I am going to write about right now.

When you are on the court playing out, you are using almost all parts of your body if not all the parts, and you are burning so many calories. Because of activating all body muscles. Two hours of playing tennis you can burn almost 1500 calories so it is also good for people who want to lose some weight. In my opinion if you work super hard you can become a professional tennis player. You can earn pretty good money, travel around the world and your dream can come true. Being a perfect tennis player means to work hard.

Furthermore you can be a coach or manager, you can be a chairman... etc. My message for young people would be: do not be lazy, do not play computer games all day. Come over, try tennis and I am sure you will not regret it. You can be really successful and happy. If you never try, you will never know.



Football „My sport-my passion“

By Richard P.

I have tried many sports in my life like handball, floor-ball, basketball, table tennis, but the one I have found myself is football – the sport that I love and play even when I am ill. It gave me friends for whole life, positive energy and mood. This is the sport which has showed me what does the „Team Spirit“ mean and how important is. Players' cooperation is very important because we play together for victory.

Firstly, football is the most popular sport in the world. People know how to play it everywhere on the planet.

Secondly, football is well paid sport. Otherwise, I play other sports too. In winter I usually go skiing and I go swimming into the cold water as well. In summer I like swimming and diving in the see. During summer I always play football matches at the weekend so summer holiday is very short. The football players need to be complex athletes, have to be fast, persistent and also intelligent. In my opinion, football is one of things which gave me a lot of experiences in my life. I have been playing football for nine years. Football has definitely changed my life.



Our students - we are proud of



LARAMIE, Wyo. (Jan. 7, 2020) – Wyoming women's tennis head coach Dean Clower has announced the signing of Lucia Malinak to her National Letter of Intent to join the Cowgirls beginning next fall. "We are extremely excited to have Lucia join the Cowgirl Family," said Clower.

"Lucia has the power and athleticism that is very hard to teach. I expect her to be an immediate impact player for us."

Malinak is from Mainburg, Germany and was born in Martin, Slovakia and attended high school in Trenčianske Teplice, Slovakia where she was the Slovak Junior National Champion in doubles play in 2019. Malinak was the winner of the Three-Nation Cup and competed in multiple tournaments in both Germany and Slovakia the last three years. Malinak was also the Middle Slovak Champion. Malinak says she chose UW "because of the great people and also because of the very good academic program."