

TERM 1
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Tennis Coaching at CITIPOINTE CHRISTIAN COLLEGE

Tennis Term 1 – 2018 (starting 29/01/18)

Welcome to Dynamic Tennis an innovative tennis programme.

Tennis Term 1 is 9 weeks. *Mark Robinson* is a qualified TA Club Professional Coach.

MONDAY	RED BALL 5 - 7 year old	RED BALL 5 - 7 year old	ORANGE BALL 8 - 10 year old	Junior Fixtures Orange Ball Level
TIME	7:55 - 8:25 am	3:35 - 4:05 pm	3:35 - 4:35 pm	4:35 - 5:35 pm
Cost	\$135	\$135	\$180	\$20 / fixture / week

TUESDAY	RED BALL 5 - 7 year old	RED BALL 5 - 7 year old	ORANGE BALL 8 - 10 year old	GREEN BALL 10 - 12 year old	PRIVATE All ages
TIME	7:55 - 8:25 am	3:35 - 4:05 pm	3:35 - 4:35 pm	4:35 - 5:35 pm	5:35 - 7:35 pm
Cost	\$135	\$135	\$180	\$180	\$80/hour lesson

WEDNESDAY	RED BALL 5 - 7 year old	RED BALL 5 - 7 year old	GREEN BALL 10 - 12 year old	PRIVATE All ages
TIME	7:55 - 8:25 am	3:35 - 4:05 Pm	4:05 - 5:05 pm	5:05 - 7:05 pm
Cost	\$135	\$135	\$180	\$80/hour lesson

THURSDAY	ORANGE BALL 8 - 10 year old	DEVELOPMENT SQUAD	HIGH PERFORMANCE SQUAD
TIME	7:25 - 8:25 am	3:35 - 5:05 pm	5:05 - 7:05 pm
Cost	\$180	\$270	\$360

FRIDAY	PRIVATE All ages	FIXTURES Green / Yellow Ball	PRIVATE All ages
TIME	7:55 - 8:25 am	3:40 - 5:40 pm	5:40 - 6:40 pm
Cost	\$40 / lesson	\$20 /fixture/week	\$80 / hour lesson



Welcome to **Dynamic Tennis**. Acquiring skills takes place in a game based environment which consists of task completion. Each task provides your child with new challenges and opportunities to further develop their skills and improve the player, with an emphasis on having **FUN!** Your child will be placed in a group that best suits their ability and age. Upon recognition of sound development, promotion to the next level will be made available when and where applicable. New players are welcome to join training classes without previously participated in any of the mentioned programmes, an assessment will determine their level.

Joseph Xu is joining the **Dynamic Tennis** coaching programme, Joseph has taught at International Schools for 13 years as well as coached tennis during these years. He is fluent in Chinese (Cantonese, Mandarin, & Shanghainese) and is excited at the opportunity to further develop the **RED Ball** and other tennis groups.

RED Ball – orientation into tennis, your child will learn to basic **FUNDAMENTAL MOTOR SKILLS**, balance, footwork, spatial awareness and racquet skills all form part of the **FUN**. Although some exercise will be without a tennis racquet, they are all tennis specific.

ORANGE Ball – more **FUN** as your child develops the skills to ‘rally’ whilst the basic fundamentals are still maintained. The use of coloured pressure-less balls are vital at this formative stage of development.

GREEN Ball – your child will learn the technical attributes of groundstrokes, serve and volley, whilst developing the skills to keep the tennis ball ‘in play’ through repetition.

FIXTURES – the main focus of this programme is to help players learn the skills required to participate in formal set play. Scoring, court orientation, umpiring and being a ball person helps to further develop their skills. The coach will check for the correct use of technical and tactical awareness for game based situations.

DEVELOPMENT SQUAD – fitness &, strength training, movement & footwork drills are designed to bring the best out of the player. Development of ‘mental toughness’ and specific skill training are all elements focused on within the squad. The final half hour is specifically reserved for match-play where the coach will organise ‘on task’ goals.

HIGH PERFORMANCE SQUAD – this programme is designed to prepare players for League/Fixture Competition and Tournament play. This is the most advanced group training opportunity and focuses on all aspects of being a tennis player. Match play consists of both doubles and singles.

Kindly note: A **MEDICAL CONSENT FORM** must be completed by all parents/care givers detailing the requirements/ action to be taken when necessary. Please enquire should a form be required.

Thank you for your enrolment and please contact **Mark Robinson** if you have any questions regarding tennis coaching and to confirm availability on **3420 3739 (h)** or **04 389 111 43 (mob)**.

Name:.....Age.....Ph:.....

Address.....e-mail:.....

On-line banking details are: -

MARK W. ROBINSON

QUDOS BANK

BSB: 704 -865 Acc: 0006 3084

ABN. 20 833 268 515