

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TYRO 5 to 10	Red Stage 1 5 to 8years 3.45 to 4.30pm 8 weeks \$110	Red Stage 1 5 to 8 years 3.45 to 4.30pm 8 weeks \$110	Orange Stage 2 5 to 8years 3.45 to 4.30pm 8 weeks \$110		
	Orange Stage 2 7 to 9 years 3.45 to 4.30pm 8 weeks \$110				
BEGINNERS AND PRE- INTERCLUB		Entry 10 to 12years 4 to 5pm 8 weeks \$150	Entry Plus 10 to 12years 4 to 5pm 8 weeks \$150	Entry 10 to 12years 4 to 5pm 8 weeks \$150	Entry Plus 10 to 12years 4 to 5pm 8 weeks \$150
		Novice Plus Over 12years 5 to 6pm 8 weeks \$150		Novice Over 12 years 4 to 5pm 8 weeks \$150	
INTERCLUB GROUPS		Green Stage 3 8 to 10 years 4 to 5pm 8 weeks \$150	Futures Over 12 years 5 to 6pm 8 weeks \$150	Green Stage 3 8 to 10 years 5 to 6pm 8 weeks \$150	
	Junior Ace (Boys) Up to 12years 4.30 to 6.00pm 8 weeks \$280		Junior Ace (Girls) Up to 12years 4.30 to 6.00pm 8 weeks \$280		
	Ace 12's and over 4.30 to 6.00pm 8 weeks \$280		Ace 12's and over 4.30 to 6.00pm 8 weeks \$280		
TOURNAMENT GROUPS		Ace (Competitive) By invite only 4 to 5.30pm 9 weeks \$305		Ace (Competitive) By invite 5.30 to 7pm 9 weeks \$305	
		Ace (Competitive) By invite 5.30 to 7pm 9 weeks \$305		Ace (Competitive) By invite 5.30 to 7pm 9 weeks \$305	

TENNISLIFE DEVELOPMENT COACHING PROGRAMME

Summer 2010/2011 (September-April)

Tennislife Coaching School provides juniors of all ages and skill levels with opportunities to improve their skills, a sport for life! The format is designed to systematically take players to a higher skill level and develop a greater enjoyment of the game. The benefits of the Tennislife programme include:

A programme organised and implemented by tennis professional coach Kevin Woolcott who has a strong background in planning junior and high performance programmes.

A high quality year round programme with set standards.

To be able teach children basic technical skills, we aim to keep the ratio of 1 coach to 4 children for all the Tyro stages 1, 2 & 3 beginner groups, and future groups. We reserve the right to cancel any class if the minimum ratio of 4:1 is not reached.

Coach availability will determine the numbers of groups catered for.

A wet weather programme will run on rain days. Maximum 2 rain indoor sessions within the term. Tennislife will advise by text message if lesson is cancelled because of weather.

To apply for any of the classes, complete registration form and long with the payment post or hand into office. Children are required to re-register each term.

The following is a parent/player guide for initially determining where participants will start. Players will not be able to move up a group until standards are reached and maintained or on the recommendation of the coach.

- Programme for all groups start the week of October 11th 2010
- The suggested age for the groups is a guide only.
- If any pupil is going to be absent for a lesson, please advice us at least 6 hours prior to the lesson time. Make-ups are available if there is space in the group you want to join on another day.. We will do our best for the make-up class to be of similar ability. Tennislife won't refund but will offer you the make-up option.

TYRO GROUPS- 5 to 10 years

Red Stage 1: Young children are introduced to tennis, using small racquets and low compression balls

Orange Stage 2: Aimed at players who are able to grasp the connection of racquet and ball. Ideal age for Grasshoppers Orange is 7-10.

Green Stage 3: This is played on a full court using a green low compression ball. Aimed at players who either can serve and rally to 10. Ideal age for grasshopper green is 8-10. Interclub for 10's use the green ball

BEGINNERS GROUPS - 10 to 16 years

For children 11 -16 years of age new to tennis or have played before but never taken lessons. Players are introduced to tennis and learn basic stroke techniques as well as develop game sense..

Entry: Beginners 10-12 years

Novice: Beginners over 12 years:

Entry (10-12's) & Novice Plus (Over 12's): Players must successfully complete a variety of tennis skills on the full court with an expected degree of success. Correct stroke techniques and ideal tennis tactics for their level of play are further developed through drills and game simulations.

INTERCLUB GROUPS - 10 to 16 years

Futures: Players must successfully complete tasks such as serving, returning, rallying, volleying and overhead smashing within the court area. Players progress to full court tennis where techniques and ideal tactics are further developed through drills and game simulations.

Junior Ace(Up to 12 years): FUNDamentals Stage for boys and girls 9-12 years. Structured and flexible programme. Two time slots are available for tennis training, team and fun matches, co-ordination etc. Includes co-ordination, speed, agility exercises and physical work. Many exercises will incorporate co-ordination, but additional instruction will incorporate: tactical and technical skills, matchplay skills, doubles skills, and mindset games.

Full details of Junior Aces contact Tennislife office. There is not automatic entry to Junior Aces. Ability and technical skills are assessed prior to enrolling

Ace: Players are encouraged to compete in tournaments and junior interclub. This programme is for players wanting to compete at higher levels. Training develops a solid foundation in all strokes along with the understanding and implementation of further mental, physical and tactical skills.

Players in Ace Groups train up to twice a week and should involve individual skill session also.

Full details of Aces contact Tennislife office. There is not automatic entry to Aces. Ability and technical skills are assessed prior to enrolling. Younger children are accepted into Aces provided they have the required technical skills.

TOURNAMENT GROUPS - 10 to 16 years

Ace Competition Group: For junior players who are keen to improve these tennis and compete in tournaments at a higher level. This programme is under the guidance of International Coach Caco Zanella. The Competition group is split into 2 levels according to age and ability

Players will have to show a commitment to tennis as their No 1 sport all year round. It is recommended participants train twice a week plus individual or shared lessons for technical training. Full details contact Tennislife office. There is not automatic entry. Ability and technical skills are assessed prior to enrolling.

CONTACT DETAILS

Kevin Woolcott or Sue Nixon on 410 8804

Or infor@tennislife.co.nz

Forrest Hill Tennis Centre

Bond Cres, Forrest Hill

P O Box 100188, N.S.M.C

North Shore

www.tennislife.co.nz

REGISTRATION FORM:

Summer 2010/2011

CHILD'S
NAME: _____

DATE OF BIRTH: _____

PARENT'S
GUARDIAN'S
NAME: _____

ADDRESS: _____

HOME PH NO: _____

MOBILE: _____

EMAIL: _____

Email address will be put on Tennislife database for newsletters etc.

MEDICAL CONDITIONS WE SHOULD BE AWARE OF:

I would like to register my child for the following class:

DAY: _____ TIME: _____ CLASS: _____

PARENT'S/GUARDIAN'S
SIGNATURE: _____

PAYMENT: Payment with registration at Pro Shop, Forrest Hill Tennis Centre or post to Tennislife, P. O. Box 100 188, N.S.M.C

We accept credit cards (mastercard or visa)/Eftpos /cheques/cash or direct banking to ASB 12 3119 0137657 00