

# The first systematic approach to tennis coaching!

### ANZ Tennis Hot Shots for kids



1 Sports program for 2-5 year olds Developing fundamental motor skills



Recommended age: 4-7

Featuring: - The 'Stayball Stand'

- Modified Equipment





3 ORANGE STAGE Preparation for match play

Recommended age: 8-10

Technical development of strokes with modified games.

GREEN STAGE For the competitive player Recommended age: 11+

Basic strategy and positioning.





5 For the advanced player
Match play and game-like activities
for the tactical edge.

#### **State Tennis also offers:**

- Private Coaching School Holiday Clinics
- Cardio Tennis Restringing Adult Lessons

Phone: 8355 4466

Email: westlakes@statetennis.com.au

Web: www.statetennis.com.au





## School holiday lessons available

When... Commencing the beginning of each school term (Students able to join mid term)

Where... West Lakes Tennis Club: 21 Edwin Street, West Lakes Shore

Details... • Jump Start (Tues & Thurs): 2-5yo - 45 mins per week, 10 week term \$175

• Little Joey (weeknights): 30 mins per week, 10 week term \$133

• Skippy, Captain Roo & Pro (weeknights): 60 mins per week, 10 week term \$175

• Jump Start & Little Joey participants receive a free racket in their first term of participation.

• Pro rata payments for mid term starters

• A \$15 administration fee will be charged if payment is not made by student's first lesson

Payment can be made by cash, card, EFT or cheque (made out to State Tennis)

Enrolment... Phone 8355 4466

Email westlakes@statetennis.com.au
Online www.statetennis.com.au

Mail 21 Edwin Street, West Lakes Shore SA 5020

#### Please enrol early to increase your chance of getting your preferred time

Name:	Age:	Date of birth:
Address:		
Home Phone:	Work / Mobile:	
Email:	School:	
Relevant medical conditions:	Where did you hear about	us?:
Enrolling in (please circle): Jump Start Little Joe	y Skippy Captain Roo	Pro Private (1/2 hr) Private (1 hr)
If enrolling in Jump Start, please circle afternoon/s p	preferred: Tues Thurs	
If enrolling in Little Joey, Skippy, Captain Roo or Pro,		
please circle day/s preferred: Mon Tues Wed	d Thurs Fri	
and time/s preferred: 3.30pm 4pm 4.30pm  Please circle all times and days which are		•

Note: State Tennis will not be liable for any injuries, damage to property or loss of property during the tennis sessions.

Signed: Parent / Guardian