

*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
- .....

- 2 RED STAGE**  
**An introduction to tennis**  
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.
- .....

- 4 GREEN STAGE**  
**For the competitive player**  
Recommended age: 11+  
Basic strategy and positioning.
- .....



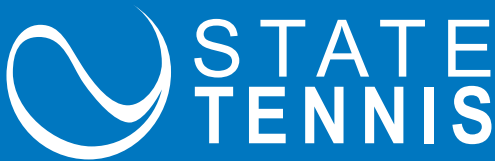
- 5 For the advanced player**  
Match play and game-like activities  
for the tactical edge.

### State Tennis also offers:

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

Phone State Tennis West Lakes: 8355 4466

Web: [www.statetennis.com.au](http://www.statetennis.com.au) Email: [westlakes@statetennis.com.au](mailto:westlakes@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 **\$173**
  - **Little Joey (weeknights):** 30 mins per week, 10 week term **\$131**
  - **Skippy, Captain Roo & Pro (weeknights):** 60 mins per week, 10 week term **\$173**
- Notes...**
- 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**  
or send enrolment form to **21 Edwin Street, West Lakes Shore SA 5020**  
or visit **[www.statetennis.com.au](http://www.statetennis.com.au)**  
or email **[westlakes@statetennis.com.au](mailto:westlakes@statetennis.com.au)**

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 Joey Skippy Captain Roo Pro Private (1/2 hr) Private (1 hr)

If enrolling in Jump Start, please circle morning/s preferred: Tues Thurs

If enrolling in Little Joey, Skippy, Captain Roo or Pro,  
please circle day/s preferred: Mon Tues Wed Thurs Fri

and time/s preferred: 3.30pm 4pm 4.30pm 5pm 5.30pm 6pm 6.30pm

Please circle all times and days which are possible as all sessions may not run at all times.

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

Signed: .....

Parent / Guardian