



## **Term 1 Coaching Programmes 2024**

**at Richmond Tennis Club**

**Monday 12<sup>th</sup> February – Saturday 13<sup>th</sup> April**

*(8 sessions total for all programs)*

### **RTC Hotshots – Family Fun**

**Day offered: Saturday 9 – 9.45am, starting February 17<sup>th</sup>**

This is a fun session for players aged between 5 – 9 years, starting out in tennis and wanting to give it a go! Lots of hand-eye coordination activities, learning through play, and improving racket-ball skills. Parents/caregivers are welcome and encouraged to join the fun.

**Cost:** *\$60 members, \$80 non-members*

### **Pee Wee (5 – 8 years) - Red Level**

**Day offered: Monday 3.20pm – 4pm, starting February 12<sup>th</sup>**

A high energy and fun introduction to tennis with more technical coaching, with the use of red low-compression tennis balls and mini-nets. This group works on basic tennis skills and development towards a love of the game; learning through play! You will also learn how to score and rules of the game.

**Cost:** *\$80 members, \$100 non-members*

### **Smashers (8 – 12 years) - Orange Level**

**Smashers – Days offered: Monday 4 – 5pm, starting February 12<sup>th</sup>**

This program is for players who are beginners or have recently graduated from the Pee Wee Program. This is a chance for players to improve their technical skills toward rallying and serving as well as having fun! This session is held on a three-quarter full court.

**Cost:** *\$100 members, \$120 non-members*

### **Richmond Aces – Green Level**

**Day offered: Monday 5 – 6pm, starting February 12<sup>th</sup>**

This program is for younger players who are aspiring to reach a higher level in their tennis and want to work towards playing full-court tennis at inter-club level. Must be really keen! Players will be working on technique, the rules of the game, structured live-ball activities and increasing their tennis knowledge in general.

**Cost:** *\$100 members, \$120 non-members*

## **Junior Development Squad**

**Days offered: Monday 6 – 7pm; Thursday 3.45 – 4.45pm, starting February 15th**

This is a great program who have been through the lower program levels and want to stretch and improve their skills, with the aim of competing in junior interclub. This group will focus on live ball activities, tactical and technical skills.

**Cost:** \$100 members, \$120 non-members

## **Tournament Training Programme (TTP)**

**Day offered: Thursday 4.45 – 6.15pm, starting February 15<sup>th</sup>**

This program is for players who are really keen to reach the next level by getting more involved in tournaments and aspiring to a higher grade for interclub. This is a skilled coaching program which includes high intensity drilling, conditioning, high performance, tactical skills and technique. Match play is part of this programme and competition is encouraged.

**Cost:** \$150 members, \$170 non-members

## **Private Coaching**

Private coaching is a great way to speed up your progress technically, tactically and physically. Kolie is a qualified Tennis Australia Club Professional Coach and will share his knowledge with you to ensure you reach your goals. Video analysis available. Contact Kolie directly for pricing and package deals or to book a time.

Z Tennis also offers a bespoke program for tournament players keen to have 1-1 hitting and coaching.

## **Terms and Conditions**

- *Please contact Kolie to register for coaching programs. An invoice will be sent upon registration with payment details.*
- *Please ensure that payments for coaching are made prior to the start of term. Your cooperation is much appreciated.*
- *All players registered for Z Tennis coaching programs are subject to a Richmond Tennis Club visitors fee (if not a member)*

For further information, please contact:

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*Tennis Australia  
Club Professional Coach*

