

Club Coaching 2021-2022

[Go to Tennis Xpress Coaching for Students and Adults](#)



2022 Term 1 Coaching dates:

8 lessons (Designed for Primary and Intermediate pupils)

[Blue Stage 4-5 years, Red Stage 5-8 years, Orange Stage 8-10 years, Green Stage 9 years and older](#)

[CLICK HERE for Hot Shots Stage information](#)

Wednesdays

9, 16, 23 February

2, 9, 16, 23, 30 March

Wednesday

3.30-4.00 pm Blue Stage

4.00-4.50 pm Red, Orange & Green Stages

5.00-6.00 pm Junior Interclub training

Fridays

11, 18, 25 February

4, 11, 18, 25 March

1 April

Catchup dates for missed lessons in term 4 2021 due to rain: to be advised

Friday

3.30-4.00 pm Blue Stage

4.00-4.30 pm Blue Stage

4.00-4.50 pm Red Stage

5.00-5.50 pm Orange & Green Stage

5.00-6.00 pm Junior Interclub training

6.00-7.00 pm Adult 18+

Blue Stage 4-5 year olds

\$120 (2 terms) Wednesdays or Fridays . Includes Membership until 31st August 2022

Red Stage 5-8 year olds

\$205 (2 terms) Wednesdays or Fridays Includes Membership until 31st August 2022

Orange Stage 8-10 year olds

\$205 (2 terms) Wednesdays or Fridays Includes Membership until 31st August 2022

Green Stage 9 years and older.

\$205 (\$260 with interclub and new team training) - (2 terms) Green Stage Wednesdays 4:00 to 5:00pm or & Interclub Team Training Wednesday or Fridays 5:00 to 6:00pm. Includes Membership until 31st August 2022

Our coaches make all decisions regarding all these coaching groups. Players will be placed in groups based on ability and not necessarily age. Minimum 4 with each coach.

We can't schedule coaching at Edgar if wet. Coaching can't happen if it is wet due to safety and our equipment. Please collect your child if rain starts. We will do our best to deliver the 8 lessons each term weather permitting. Sundays maybe used for catch up lessons if needed.



Head Coach Mat Mc Cutcheon is running the Hot Shots coaching programme at Balmacewen in Term 4 2021 and Term 1 2022. Sarah Stevenson looks after Coaching Registrations and enquires. Please contact [Sarah](#) for any coaching related enquiries.



Tennis Xpress: Adult/Student Coaching on selected Fridays 6:00 to 7:00pm 6 lessons. Minimum 4 with each coach. There will also be Social Beginner Level Tennis 1:00pm to 2:30pm the following Sunday included (subject to numbers). This program is the most enjoyable way to learn tennis for adult beginner and intermediate players. We aim to make your tennis experience an enjoyable and rewarding one by trained coaches.

\$85- Beginner Adults over 16 years or Students@High School 13 - 17 years. Lessons and light tennis only. Coaching on Fridays 6pm to 7pm on selected dates in season.

Dates to be advised

You will learn:

- the serve
- forehand
- backhand and net game basic strategy
- rules and etiquette
- ways to improve and keep on improving valuable practice and homework exercises



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