



Term 2 Coaching Programmes 2022

at Richmond Tennis Club

Monday 2nd May – Friday 8th July

**Please note this is a 10-week term (8 weeks of tennis for all programs with the last 2 weeks of term being put aside for any wet-day makeups which will be arranged with notice*)*

RTC Hotshots – Family Fun

Day offered: Saturday 9 – 9.45am, starting May 7th

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: \$55

Pee Wee (5 – 8 years) - Red Level

Day offered: Monday 3.20pm – 4pm, starting May 2nd

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

Smashers (8 – 12 years) - Orange Level

Smashers – Days offered: Monday 4 – 5pm, starting May 2nd

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: \$90 (RTC members)

\$105 (non-member – full access to RTC for Term 2)

Richmond Aces – Green Level

Day offered: Monday 5 – 6pm, starting May 2nd

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: \$90 (RTC members)

\$105 (non-member – full access to RTC for Term 2)

Social Teens

Day offered: Monday 6.15 – 7.15pm, starting May 2nd

This is the perfect coaching groups of intermediate and college aged young people, who love tennis but only want to play for fun, at a social level. This is a great way to keep active, enjoy the game and meet new friends.

Cost: \$90 (RTC members)

\$105 (non-member – full access to RTC for Term 2)

Tournament Training Programme (TTP)

Day offered: Thursday 4.45 – 6.15pm, starting May 5th

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: \$145 (RTC members)

\$160 (non-member – Full access to RTC for Term 2)

Tennis Cardio / Adult Development

Dates/Time: Wednesday 6 - 7pm, starting May 4th (7 weeks)

Cardio tennis is an exciting new program that can have up to twelve players per session. There are live ball activities, cardio fitness movement, and on-court activities which focus on developing technical and tactical skills, all to background music to provide energy and motivation! This is a fantastic workout and way to get up a sweat. If this sounds like you, it is a 7-block series so reserve your spot before you miss out – and bring a friend!

Cost: \$120 per player (members) – 7 block series paid up front

\$135 per player (non-members) – 7 block series paid up front

****4 players minimum required to proceed with series****

Tennis NZ Tennis Express (Adults)

Day offered: Saturday 1 - 2pm, starting May 7th (6 weeks)

This is a program for beginners - learn to play the easy way! Tennis Express offers you the chance to learn a new skill; you will learn how to serve, rally and score in just 6 weeks. Build your confidence by using slower balls that make playing the game easier and more fun. Meet new people, have a great workout and leave with a new skill!

Cost: \$100 per player (members) – 6 block series paid up front

\$125 per player (non-members) – 6 block series paid up front

4 players minimum required to proceed with series

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.

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 over 8 years old, are subject to a Richmond Tennis Club membership fee.***
- ***Annual membership to the Richmond Tennis Club is \$60 (social players) and \$95 (interclub players). This covers the year from October 2021 – October 2022.***

For further information, please contact:

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*Tennis Australia
Club Professional Coach*

