



Term 4 Coaching Programmes 2022

at Richmond Tennis Club

Monday 17th October – Friday 20th

December

(8 sessions total for all programs, except Tennis Xpress)

RTC Hotshots – Family Fun

**Day offered: Saturday 9 – 9.45am, starting
October 22nd**

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 members

\$75 non-members

Pee Wee (5 – 8 years) - Red Level

**Day offered: Monday 3.20pm – 4pm & Friday
3.30 – 4.15pm - starting October 17th**

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 &
Friday 4.15 – 5.15pm - starting Oct 17th**

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:

\$95 members

\$115 non-members

Richmond Aces – Green Level

**Day offered: Monday 5 – 6pm, starting
October 17th**

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:

\$95 members,

\$115 non-members

Social Teens

**Day offered: Monday 6 – 7pm, starting
October 17th**

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:

\$95 members

\$115 non-members

Tournament Training Programme (TTP)

Day offered: Thursday 4.45 – 6.15pm, starting October 20th

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 members

\$165 non-members

Tennis Express (Adults)

Day offered: Friday 5.15 – 6.15pm, starting October 21st

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, meet new people, have a great workout and leave with a new skill!

Cost:

\$120 members

\$140 non-members

****7 sessions total****

Advanced Beginners (Adults)

Day offered: Saturday 12 – 1pm, starting October 22nd

These sessions are for players who have advanced from Tennis Xpress. The aim is building more confidence and building on already gained skills. There will be technical components, within a game-based environment. Ideal for players who want to play socially, and perhaps at social-interclub level.

Cost:

\$135 members,

\$155 non-members

Intermediate / Advanced Adults

Day offered: Thursday 6.15 – 7.15pm, starting October 20th

This program is for those players who have some experience playing and want to advance their current skills to take them to a new level. Focus will be on developing your own game style, lots of live-ball hitting activities, a cardio workout and an opportunity to socialise with other adult players.

Cost:

\$135 members

\$155 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.

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:

*Tennis Australia
Club Professional Coach*



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