



\*\*\* Congratulations as a member now of Avanti Tennis at the ECTC you have now become an affiliate member of ECTC. Therefore as part of this you will receive some additional benefits and information emails from Tennis Victoria/ Tennis Australia.\*\*\*

## TENNIS COACHING PROGRAM

| TIME     | MONDAY                 | TUESDAY           | WEDNESDAY         | THURSDAY                  | FRIDAY                          | SATURDAY          |
|----------|------------------------|-------------------|-------------------|---------------------------|---------------------------------|-------------------|
| 9.00 am  |                        |                   |                   |                           |                                 |                   |
| 9.30 am  | Ladies Group           | Cardio Tennis     | Cardio Tennis     | Cardio / Back Into Tennis | Cardio Tennis                   |                   |
| 9.45 am  |                        |                   |                   |                           |                                 |                   |
| 10.00 am |                        |                   |                   |                           |                                 |                   |
| 10.30 am |                        |                   |                   |                           |                                 |                   |
| 10.45 am |                        |                   |                   |                           |                                 |                   |
| 11.00 am |                        |                   |                   |                           |                                 |                   |
| 11.30 am |                        |                   |                   |                           |                                 | Junior Squad      |
| 11.45 am |                        |                   |                   |                           |                                 | Cardio Tennis NEW |
| 12.00 pm |                        | Cardio Tennis NEW | Cardio Tennis NEW | Cardio Tennis NEW         | Cardio Tennis NEW               |                   |
| 1.00 pm  |                        |                   |                   |                           |                                 |                   |
| 2.00 pm  |                        |                   |                   |                           |                                 |                   |
| 3.00 pm  |                        |                   |                   |                           |                                 |                   |
| 4.00 pm  | Junior Developer       | Hot Shots Red     | Hot Shots Orange  | Junior Developer          | Hot Shots Red                   | Hot Shots Green   |
| 4.45 pm  | Junior Improver        |                   |                   |                           |                                 |                   |
| 5.00 pm  | Squad High Performance | Talent ID Group   |                   | Squad                     | Hot Shot Competition Match play |                   |
| 6.00 pm  |                        |                   |                   |                           |                                 |                   |
| 7.00 pm  |                        |                   | Team Training     |                           |                                 |                   |
| 8.00 pm  |                        |                   |                   |                           |                                 |                   |
| 9.00 pm  |                        |                   |                   |                           |                                 |                   |

- Ladies Group
- Cardio Tennis
- Talent ID Group
- Team Training
- Junior Developer
- Junior Improver
- Squad
- Cardio Back Into Tennis
- Hot Shots Red
- Hot Shots Orange
- Hot Shots Green
- Junior Club
- High Performance Squad
- Grand Slam Group
- Hot Shot Competition/ Match play
- Fitness / Conditioning

### Tennis Programme Enrolment

Surname \_\_\_\_\_ Given Name \_\_\_\_\_ Age \_\_\_\_\_

Home Address \_\_\_\_\_

Email Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Mobile \_\_\_\_\_

Does your child player have any medical conditions that Avanti Tennis should know of.

#### I would like to participate in the following programme(s):

- Hot Shots - Red
- Junior Developer
- Squad Training
- Cardio Tennis
- Ladies Daytime Groups
- Hot Shots - Orange
- Junior Improver
- High Performance Squad
- Fitness/ conditioning
- Hot Shots - Green
- Grand Slam Group
- Hot Shot Competition
- Junior Squad
- Junior Club
- Team training
- Cardio/ Back to tennis

#### Day/Time Preferred

Avanti Tennis Internet Details are  
 Business Namw, Avanti Tennis, BSB013247, Account Number 490983221



### HIGH PERFORMANCE SQUAD- INVITATION ONLY/ LEVEL BASED- MONDAY

This is an invitation only squad. It is designed for the serious player who is committed to tennis. This person should be playing/ training 3-5 times per week and should be involved in the club with private lessons, squad and team play as well as playing tournaments.

### "BACK INTO TENNIS PROGRAM"- NEW!!!!!!

This is a new program for Avanti Tennis!! It is designed to get more ladies involved in Tennis!! This can be either new players to the game or past players looking to get involved again. It is a mixture of Cardio Tennis along with tennis tips and technique. Each term players should commit to at least 5 and there is a club social round robin event which is a longer session followed by refreshments.

Cost \$20 per session- commitment of a minimum of 5 sessions and then the longer event.

### LADIES DAYTIME GROUPS - Monday 9.15- 10.45am

This program is designed to provide a mixture of drills, skills and matchplay strategies for those ladies who are either playing competition or looking to do so.

Cost: \$30 per session



### HOT SHOTS PROGRAM 4-10yo Ratio 1:6

As a guide and classes are skill based.

This program is a Tennis Australia National Program and it is designed for the younger player who is either beginning their tennis journey or progressing through the skill levels. This system uses modified equipment – mini nets, rackets, balls, coordination equipment suitable for each group.

The levels begin Red (4-7yo),  
Orange (6-8yo) and Green Level (8+)

Cost \$20 per 45 minute lesson paid by term account

### JUNIOR DEVELOPER 10yo + Ratio 1:6

This program is designed for the player who has progressed from the Green Hot Shot program and onto a full court. This player is Developing a basic competency with their strokes and learning/ developing their serve and rally skills.

Cost \$25 per hour lesson paid by term account

### JUNIOR IMPROVER 10-12yo + Ratio 1:6

This program is designed for the player who has progressed from the Developer program. This player should have a good competency level with their technical and tactical skills of tennis- serve, rally and score and looking to be involved in competition.

Cost \$25 per hour lesson paid by term account

### GRAND SLAM GROUPS - INVITATION PROGRAM Ratio 1:6

The players in this group will be identified through our talent identification program and will be offered a place into a longer more intensive group- fitness, matchplay.

Cost \$38 per session paid by term account

### SQUAD TRAINING – 2 HOUR SESSION THURSDAY 5-7PM Ratio 1:6

This is for the higher level player who is involved in club tennis and / or tournament play. This a longer higher intensity program designed around building solid technique, tactical patterns, fitness and matchplay.

Cost \$50 per session paid by term account

### CARDIO TENNIS WORKOUT PROGRAM

One hour of fitness, fun and learning tennis to music. You can be any level of player and not only will improve your TENNIS skills but you will improve your fitness as well.

Cost \$20 per session



## TENNIS COACHING PROGRAM AVANTI TENNIS AUSTRALIA

**Location**  
**East Camberwell Tennis Club**  
**Riversdale Park**  
**Cnr Spencer & Riversdale Rd**  
**Camberwell VIC 3124**

**David Close - Head Coach**  
**0425 878 337**  
**divadc2003@yahoo.com**

