

At Sydney Uni Tennis, our coaches and staff are committed to the development of each junior in a group or individual setting at one of the best training facilities in Sydney.

Juniors will benefit from a fully integrated professional approach that will focus on each junior developing into the best player they can be. Programmes on offer includes a wide range of beginner based coaching for juniors to tournament assistance

Coaching Philosophy - Coloured Ball Stages

Following international trends, Sydney Uni Tennis uses progressive coloured stages to match the individual skill level of each player. These three progressive stages are represented by three different coloured balls - red, orange and green plus the use of full compression balls.

Each junior is graded as per our comprehensive coloured grading structure. To have an understanding of lesson structures & grading please refer www.susf.com.au



For any queries please call 9351 4978 or tenniscoaching@sport.usyd.edu.au.



Sydney Uni
SPORT & FITNESS

University Sports & Aquatic Centre
Cnr of Codrington and Darlington st
Darlington
(02) 9351 4978
www.susf.com.au

Sydney Uni Tennis
Operates under the umbrella of Sydney Uni Sport & Fitness

JUNIOR TENNIS

Program 2009



Sydney Uni
SPORT & FITNESS

Private Lessons

Sydney Uni Tennis provides the highest quality private lesson programme in Sydney. Private lessons are suitable for all players from beginner level to tournament standard regardless of ability. Private lessons are our speciality and suite players that require one on one attention to achieve their tennis goals. Cost: \$70.00 per lesson

Semi Private Lessons

This popular option is available to juniors who wish to share a private lesson with a friend or family member (2 person limit). Cost: \$80.00 per lesson
Lessons available 7 days per week Monday to Sunday.
Lessons to be booked & paid prior. Please refer to tennis terms & conditions - www.susf.com.au

Squad Lessons

POP TENNIS - Modified Tennis for 4-7yrs

POP Tennis is our junior starter coaching program for children aged 4-7 years of age. Developing gross motor skills, racquet awareness & basic strokes through an active games based approach. Grade - Red.

	M	T	W	T	F	S
Time	16:00	16:00	16:00	16:00		09:00

Duration 45 min.
Cost: \$160.00

JUNIOR SQUAD - BEGINNER

Program for juniors who have progressed from red to orange coloured tennis balls. Beginner lessons are suited for juniors who are progressing through our modified programmes. Recommended for ages 7-10 years. Available Monday to Saturday. Grade – Orange.

	M	T	W	T	F	S
Time	16:00	16:00	16:00	16:00		09:00
	17:00	17:00				10:00

Duration 1hr.
Cost: \$160.00

JUNIOR SQUAD - INTERMEDIATE

Suited for juniors who have progressed from beginner level. Players use green intermediate balls as lessons start to focus on rally skills plus continued development of strokes. Recommended for ages 8-12 years. Grade - Green.

	M	T	W	T	F	S
Time	15:30					10:00
		17:00				

Duration 1.5 hrs.
Cost: 1.5 hour \$240.00

JUNIOR SQUAD - ADVANCED

Program suited for juniors that have progressed from the intermediate stage using full compression balls. Advanced lessons focus on tactics & playing skills, whilst ensuring technical development. Recommended for ages 8-16 years. Grade Green & ITN.

	M	T	W	T	F	S
Time	17:00	17:00	17:00	17:00		

Duration 2 hrs.
Cost: \$295.00

FOOTWORK & AGILITY TRAINING

Footwork & agility class designed to develop footwork skills suitable for tennis. Juniors will work on speed, agility, plyometrics and footwork patterns.

	M	T	W	T	F	S
Time	16:00		16:00	16:00		

Duration 1 hr.
Cost: \$150.00

JUNIOR LEAGUE

Singles & Doubles play for juniors. Suitable for Intermediate to Advanced. Grade Green & ITN number.

	M	T	W	T	F	S
Time					16:00	

Duration 2 hrs.
Cost: \$150.00

TALENT ID SQUAD

Talented juniors have been selected to join specially designed group coaching sessions. Working on technical & tactical fundamentals with 4 per group. Ages 8-11 yrs. Grade ITN number.

	M	T	W	T	F	S
Time	17:00	17:00	17:00			10:00

Duration 1 hr or 1.5hrs.
Cost: \$240.00 (1hr) & \$350.00 (1.5 hrs)

SUPER SQUAD - FOR TOURNAMENT PLAYERS

The objective of Super Squad is to prepare juniors for state/national point score tennis tournaments. Super Squad involves group training, private lessons, footwork training and tournament support. Grade ITN number.

	M	T	W	T	F	S
Time	17:00		17:00	17:00		

Cost: Flexible pricing options are available.
Please contact Coaching Staff for details.

HOT SHOTS

Aviva Hot Shots is Tennis Australia's official starter program for children aged 12 and under. Including all standards, juniors are able to serve, rally & score in a modified situation.

Using the 3 coloured balls philosophy encouraging tennis play. Grade Red, Orange & Green.

	M	T	W	T	F	S
Time	17:00				16:00	10:00

Duration 1 hr.
Cost \$95.00

Join now for Monday, Friday & Saturday – HOT SHOTS
Please contact the tennis team on tenniscoaching@sport.usyd.edu.au to join the fun.

For more information please go to www.susf.com.au