



Welcome to the Spring edition of the Yarra Tennis Coaching Newsletter.

I am excited to announce our involvement in the Tennis Australia **Hot Shots program** – TA's starter program designed to get children to "play the game" from a younger age and one which I believe will improve and complement our junior coaching program. The underlying theme from the **Hot Shots coaching workshop at Melbourne Park in August** is that there is an increasing need to get juniors to learn the basics of competitive play as early as possible by developing singles and doubles strategies, teamwork and scoring through cooperative/competitive games.



With this theme in mind we will be running **weekly Friday night events (Hot Shots Challenge for ages 6-10 and a weekly Round Robin Challenge for ages 10-15)** for juniors in term 4 to provide an opportunity to play more matches and improve their competitive skills (as well as providing a great social activity). Juniors aged 6-10 are invited to a **free Hot Shots Friday night Comp trial** on the last Friday of term 3 (Sept 23 from 4.30 to 5.30 pm). Also in the Spring newsletter;

- Czechmate - Our Wimbledon competition winner's smart selection
- Junior Player spotlight: Gemma's smashing start to the season
- Huge Spring school holiday tennis program for kids of all ages and standards
- New fences, New courts, New teams (2012 Tennis Victoria Pennant tryout Day)
- NEJTA Saturday morning Come'n'Try Day (for season 2012)
- Corporate Tennis, Get a grip, how to practise at home, and more ...

Shane Scrutton – Eaglemont TC Head Coach

- **WIMBLEDON WINNER**

Congratulations to Ashwin John who wins 50 Yarra Tennis Coaching balls for correctly guessing the four Wimbledon singles finalists (Novak Djokovic, Rafael Nadal, Maria Sharapova and **surprise winner Czech Petra Kvitova**) in our Wimbledon 'pick the finalists' competition.

- **2ND LESSON DISCOUNT OFFER**

If you are looking to play more tennis we are offering **15% off the cost of a second weekly group lesson in term 4** however you will need to book early as class and squad availability for term 4 is limited.

- **JUNIOR SPOTLIGHT: JEMMA CARBIS**

Age: 9 Years played: Started at 3 years of age with Yarra Tennis little tacker program and has been playing, without any breaks, for 6 years.

Section and Spring season results so far :

Section 12 girls - won singles 6-0, 6-0, 6-1, 6-0.

Doubles - 6-0, 3-6: 6-4, 6-2: 5-6, 6-0: 6-3, 6-1.

Favourite shot: Overhead Smash **School attending:**

Bell Primary, Year 4 **Favourite player:** Serena Williams

Favourite thing about playing tennis at Eglemont: Jemma loves to play tennis with her training squad, and enjoys being coached by Shane and Tristan, and occasionally Callum, Roland, Daniel and George. Although she doesn't get trained by Nick, she thinks he is a real crack up and enjoys a friendly chat with him off the court. She also thinks that Eglemont's new courts are really great, and more enjoyable to play on than courts from many of the other clubs. Jemma said that Shane's Round Robin competitions are something she looks forward to every school holidays.



- **SPRING BOOTCAMP DATES**

Open only to Eglemont juniors playing in singles competition, **Bootcamp** is a high intensity 2 hour school holiday workout of singles and doubles drills **where you will be competing against the coaches**. The next program will be held Wednesday & Thursday September 28-29 from 12-2pm each day (cost \$25.00 per session, maximum 20 participants) and to enrol please contact Shane directly.

- **SPRING HOT SHOT JUNIOR CLINIC**

Congratulations to Jordan Do, winner of the \$100.00 Prince racquet **Most Improved Player** award at the July school holidays clinic – enrolments are now being taken for the Spring clinic (**Monday September 26 to Friday September 30 from 9am – 12 noon each day plus BBQ lunch for juniors of all standards**) including the Little tacker tennis program for kids aged 3-5. Cost is \$45.00 per child per 3 hour session with family discounts.

- **SPRING JUNIOR ROUND ROBIN CHALLENGE**

The **Spring Round Robin Challenge** will be held Monday September 26 and Tuesday September 27 from 12.30 – 3.30 pm with singles and doubles events and heaps of matches, awards and a BBQ each day. We also help with the scoring and get you a partner if you haven't got one. The tournament will also include a new **Hot Shots modified event** aimed especially for kids 6-10 (entries close September 24).

- **MISSED LESSONS**

A makeup lesson for juniors who have missed lessons in term 3 will be held **on Sunday September 18 from 12-1 pm**. Please confirm if you will be attending the makeup lesson day at least 3 days prior.



- **LITTLE TACKER TENNIS** is our starter tennis skills program for kids 3-5 to have fun, develop ball and racquet skills and utilise different activities to improve listening, concentration and overall coordination. It runs all year round with the school terms and is held Wednesday, Friday and Sunday mornings at Eaglemont and Tuesday mornings (indoors) at Macleod YMCA. Enrolments are now being taken for term 4, and the **first 10 enrolments for each term will receive a free Little Tacker tennis racquet!**

- **WOMENS TENNISFIT PROGRAM**

For all participants who missed lessons in term 3 there will be an extra session during the school holidays **on Friday September 30 from 10-11.30 am**. For term 4 any interested players can come along for a free tryout session - Tennisfit runs every Wednesday and Friday mornings during each school term from 10am to 11.30 am and is one of our most popular programs.

- **GET OUT OF THE GYM AND INTO A CARDIO TENNIS WORKOUT!**

Get a group together for an hour of intensive tennis drills in a gut-busting aerobic workout (while improving your game) in our new Cardio Tennis workouts. Classes will be run morning, afterwork and weekends and **the special discounted cost for Eaglemont TC members or parents of juniors** is \$18.00 per person (based on group of 4 for one hour).

- **TERM 4 RE-ENROLMENT AND COACHING DATES**

All participants will be automatically re-enrolled for term 4 but please let me know if you need to make any enrolment changes prior to the term starting. The Term 4 program runs Monday October 10 - Tuesday December 20 (**no coaching Melbourne Cup long weekend**).

- **CORPORATE TENNIS!!**

Do you run a business and would like a free staff training program & Tennis day? We will be trialling a **half day corporate team building program** in term 4 so if you have a business that would like some expert training from a leading Learning & Development consultant combined with some great oncourt tennis activities (and would like to try this program free of charge) please contact Shane asap.

- **GET A (OVER) GRIP!**

Is your grip falling apart and needing a replacement? A bonus of being in the tennis program in term 4 is that you can receive a free replacement overgrip if yours is looking tacky and worn (just ask one of the coaches who will be happy to fit and replace).

- **PENNANT 2012**

With the new fences and our first class courts, Eaglemont is one of the best clubs in Melbourne to play Pennant (the largest club competition in Australia) at in 2012. Weekend Pennant matches represent the chance to test yourself against the state's best, so if you're an up and coming junior, previous comp player or just want to get back in the game, then come along and see what's involved **on Sunday November 6 from 12-2 pm** .

- **NEJTA SATURDAY MORNING COME'N'TRY DAY**

Saturday morning 5th November at 11.30 am An informal information session for children and parents of children who are interested in playing in the 2012 NEJTA Autumn season (starting February 2012). We have over 100 juniors currently playing in the Spring season and comp is a great way to improve your skills, get valuable matchplay and represent the club as a team. Don't forget to bring your racquet too!

- **TENNIS PRACTISEHIT**

You may have seen some of the coaches using the PractiseHit devices at coaching sessions – a simple yet very effective means of working on strokes and developing effective technique (particularly on forehands and backhands). PractiseHits are also available to be ordered for use at home as they require minimal room and eliminate the threat of breaking windows and losing tennis balls. To order one please contact Shane.