



Active ED

“Helping you to achieve your goals”

In Conjunction with
Mosman Lawn Tennis Club

Rosebery Street,
Mosman, NSW, 2088

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www.selectsportscoaching.com

Active Ed is an active educational tennis program designed for children aged 3 – 5yrs. Using modified equipment to teach them tennis.

Active Ed will lay foundations for your child's long term development by incorporating all aspects of FUNdamental motor skills essential for efficient movement and coordination.

Active Ed sessions are held at **MOSMAN LAWN TENNIS CLUB**, Roseberry St, Mosman.

- ⓧ Mon, Wed and Fri mornings (1 hour)
9.30am and 10.30am
- ⓧ Mon, Tues, Wed afternoon (45 minutes)
3.30pm – 4.15pm
- ⓧ Saturday mornings (1 hour)
8.30am and 9.30am

Term 4 2011: Monday 10th October – Sunday 18th December
Term 1 2012: Monday 30th January – Thursday 5th April 2012



Select Sports Coaching has adopted a tennis player pathway to assist with the development of junior tennis players. The current recognised and most accepted way for juniors to learn to play is using lower compression (colour coded), slower tennis balls and modified courts. The results seen around the world have shown a growth in tennis participation and confidence in match play at an early age. To ensure kids enjoy the sport and not just the coaching!

See Website for a more detailed explanation of the benefits of modified tennis.



Junior and Hot Shots Tennis Coaching

Term 4 2011: Monday 10th October – Sunday 18th December
Term 1 2012: Monday 30th January – Thursday 5th April 2012

Hot Shots Coaching: Ages 5-12yrs.
Mon, Tues, Wed, Fri 3.30-4.15pm, 4.15-5.15pm
and Sat am.

Hot Shots Development SQUADS Players in our program that have shown specific talent and commitment to the sport are invited to join the Squad. This includes additional match play practice sessions and entry into 2 Hot Shots Challenges per term.

Hot Shot Challenges and Development Squad tournaments are supervised by our qualified coaches. Hot Shots challenges are held at MLTC and other tennis venues.

Junior Coaching: Ages 12-16yrs
Mon, Tues, Wed, Fri 5.15-6.15pm and 6.15-7.15pm
and Sat am.
Junior Squads focus on a program to complement their tennis participation at school and competition schedules.

Check our website for the next Hot Shots Challenge and Junior tournament dates.

Tennis/Sports Holiday Programmes

Hot Shots: Recognising the benefits of Hot Shots tennis we have adapted a program that will allow participants to understand the fundamental co-ordination and movement skills required to develop game play.

Our FUN programmes incorporate a range of sports that develop all rounds tennis improvement.

Junior Coaching is offered to meet the needs of the individuals through delivering as wide range of tennis activities and competitions.

Book early to take advantage of this new and exciting program!

- ⓧ 26th, 28th and 30th September
- ⓧ 7th and 9th October
- ⓧ January 2012

All holiday programs are conducted on Monday, Wednesday and Friday (9am – 3pm) except public holidays

See our website for updates

Adult Group Tennis Sessions

- 🏸 **Ladies Tennis Fit**
Mon, Wed and Fri: 8.30am – 9.30am
Wed: 9.30am – 10.30am
- 🏸 **Ladies– 1hr coaching 30min match play**
(child minding available)
Mon: 9.30am – 11am
Wed: 10.30am – 12pm
Fri: 9.30am – 11am
- 🏸 **Ladies Doubles : Grass Court Comp- MLTC**
(child minding available)
Tue 10am – 12pm
- 🏸 **Adult Coaching**
Beginners and Intermediate
Mon + Tues: 6.30pm – 7.30pm
Wed: 7.00pm – 8.00pm
- 🏸 **Fit Seniors-movement, reaction and coaching.**
Mon, Wed and Fri 8.30am – 9.30am
- 🏸 **Stress Buster- High intensity drill session.**
Mon: 6.45-8.15am
Wed: 12.30-1.30pm
Tues: 6.30pm – 8.00pm
Wed: 8pm – 9.30pm (Men's advanced)
- 🏸 **Breakfast Competition:**
Doubles: Friday 6.45am – 8.15am
Singles: Wednesday 6.45am – 8.15am
Light breakfast provided; showers and change facilities available.
- 🏸 **Stratagem**
High intensity dynamic strategy sessions to increase your anaerobic fitness, speed, footwork patterns and court coverage to tactically improve your game.



www.tennis.com.au/mosmanlawntennisclub

Select and MLTC work closely together to offer a range of functions and social events on and off the court.

See website for the date of the next function and club membership details.

Private lessons & additional services

Private lessons are available upon request. Please enquire
1 hour session = \$90.00
45 minute session = \$70.00
30 minute session = \$45.00

Court hire

- Permanent and casual court hire
- Book courts for your next function
- Club house / bar and BBQ facilities available for hire

Pro- Shop

Wilson merchandise on sale at the Pro-Shop; assistance with specific individual requests welcomed

Birthday parties and functions – all ages catered for either at your home or a convenient location.
Action packed active parties!!

Attire

Mosman Lawn Tennis Club rules stipulate that participants must wear tennis/sports attire and tennis shoes.
All participants must wear a cap/hat and bring a drink bottle to the session.

In the case of wet weather:

Junior programmes: an indoor session will be taken in the club house with a variety of tennis based activities appropriate for the ages and ability.

Adult group sessions: In the case of inclement weather the sessions must be completed within the term.

Individual needs are monitored throughout the term and a change in group may be considered to accommodate the individual's ability.

Select Sports Coaching reserves the right to alter or change advertised sessions.

Personal Training

Our experienced physical educators will put you through your own personalised health and fitness program to suit your needs and help you achieve your goals.

- **Strength and conditioning**
- **Speed and agility**
- **Cardiovascular fitness**
- **Flexibility**

Group and private sessions held at MLTC, your home, park or preferred location.



Swimming Programmes

Enjoy all aspects of aquatics.
Our Austswim/ASCTA qualified instructors teach at your own home pool or beach location and deliver school programs.

- **Learn to Swim**
- **Stroke Correction**
- **Triathlon Training**
- **Parent and Baby sessions**
- **Group lessons**
- **Swim fit-at the beach!**
- **Fun junior and adult group training sessions**
- **Video analysis**
- **Personalised training programmes**
- **Pool Parties**

Lessons are conducted throughout the school term and over the holiday period.

Thank you for choosing 'Select Sports Coaching'.

Director and Head Coach:
Sarah Atkins BSc.Hons. P.G.C.E.

•Sports Science and Leisure Management

•PDHPE - Teaching

•PGCE Physical Education

•Tennis Australia Learning Facilitator / Coach Ed

•Tennis Australia Club Professional Coach

•Austswim

•And more!

