



TENNIS COACHING

with Chris Herden - Tennis Australia Club Professional

**For ages 4 -16 during school term
at Muswellbrook Tennis Club**

Perceptual Motor Program (4-5 yrs)

An introduction to basic tennis techniques to develop and improve perceptual motor skills in a fun, play based way.

Tennis Australia ANZ Hot Shots (5-11yrs)

Hot Shot red, orange and green balls offer players a progressive pathway through stroke production, court positioning and tactics. Teaching the framework of key skills "first" allows more intricate skills to fall into place. Match play available.

Leader System

The Leader System program covers a wide range of basic personal development disciplines from sportsmanship, self-esteem and decision making to nutrition.

**All levels of high school
programs and competition
squads also available**

**Call Chris on 0400 331 553
for details and bookings**

