



Basic Tennis Skills for Juniors at the Cowra Tennis Club

Grenfell Rd, Cowra NSW 2794

Fridays for 4 weeks 15:30-17:30	<ul style="list-style-type: none">• 30 mns one on one for 4 weeks• 1hr 30mns free play unsupervised with other paying players• Accompanying parents may play for free during the allocated two hours – for fun, exercise, and to enable the juniors to practice their new skills.	<ul style="list-style-type: none">• \$20 per player• Paid in advance upon booking• No refund available
---	--	---

The sessions commence the first Friday of each month (depending on numbers and availability) and run for a four week duration. The purpose is to introduce juniors to the rules and the basic techniques in a focused four weeks round: Initiation covers forehand, backhand, volleys, smashes and serving, using drills and play situations on the tennis court.

For bookings call Pascale on 0458 698 460

What if you do not have a racquet? If you do not have a racquet, one will be provided for you to use for the duration of the 4 weeks. A deposit of \$50 will be required for the period.

What if you like it after the 4 weeks? Players may choose to repeat a four week round at a later stage to reinforce their learnings and improve their new skillset. Practice is key to improvement; players are encouraged to practice prior to considering further tuition. See overleaf for options to enjoy your tennis.

From Basic Tennis Skills to Social Playing and beyond

See below the many opportunities to improve your skills at the club:

- **Social Games:** If and when you can competently achieve a rallying situation from the baseline and are starting to play some points.
 - For female players:
 - Tuesday mornings between 9am and noon.
Contact Helen Maxwell on 6341 3389
 - Wednesday mornings: Turn up, pay, and play.
 - For male players:
 - Tuesday mornings: 9am start
Contact Terry Cowled on 6341 4417



02 - 6342 1671

cowratennisclub@gmail.com

- **Social Competition:** When you are capable of getting your serves in and playing points then you are ready for the social competition at the club. Junior players are welcome to participate. Contact the club.
- For the more advanced players **intertown** competition could be an option. Contact the club.
- **Professional coaching** is also available: Contact Helen Garratt on 0407 139 164.