



# Junior Coaching Programs

## General Info

- 10% discount for Sunshine Coast Grammar School students.
- 10% discount for players doing 3 sessions/week (20% total for SCGS students) not including Proteges or School of Excellence.
- Private Lessons: 30 mins \$46.50, 45 mins \$67, 60 mins \$89.
- Fees are paid fortnightly via direct debit except for the Proteges (per Term) & School of Excellence (per Semester).

## Development Pathway

### Blue Group Ages 3.5 - 6 | 30 mins | \$21/session

Players will develop skills that lay the foundation for serve, rally & score. Various balls used including 25% compression Red Ball; 17-19 inch racquet; 1:4 coach player ratio.

### Red 1 Group Ages 5 - 8 | 40/45 mins | \$21/session

Players will start to develop basic serve, rally and score on a mini court (6 x 11m). 25% compression Red Ball; 19-21 inch racquet; 1:6 coach player ratio.

### Red 2 Group Ages 6 - 9 | 40/45 mins | \$21/session

Players will improve their serve, rally and score in point play situations on a mini court (6 x 11m). 25% compression Red Ball. 21-23 inch racquet. 1:6 coach player ratio.

### Red Match Play Ages 6 - 9 | 90 mins | \$21/session

Coach-assisted match play on a mini court (6 x 11m). Players need to be able to serve (drop-hit forehand or overarm) and rally. Various modified scoring methods will be used.

### Orange Group Ages 7 - 11 | 40/45 mins | \$21/session

On a 3/4 court (6.4 x 18.3m) players will develop serve, rally and score with 'full' tennis scoring. 50% compression Orange Ball; 25-26 inch racquet; 1:6 coach player ratio.

### Orange Match Play Ages 7 - 11 | 90 mins | \$21/session

Coach-assisted match play on a 3/4 court (6.4 x 18.3m). Players should be able to serve overarm and rally with forehands and backhands. 'Normal tennis scoring' is used.

### Green Group Ages 10+ | 45 mins | \$21/session

Players will develop their serve, groundstrokes, net play and tactics on a full size court. 75% compression ball; 1:6 coach player ratio.

### Yellow Squad Ages 12+ | 90 Mins | \$36/session

Using the full compression yellow ball, players will improve their tennis skills and apply these to singles and doubles point situations.

### Challenger Squad Ages 12+ | 90 Mins | \$36/session

For regular competition players with a focus on improving their hitting, movement, decision making skills and the ability to train with intensity.

### Tennis Free Play All ages | Various times | Free

Courts, balls and Hot Shots equipment are provided for Grammar Tennis players to play with friends and family.

## Performance Pathway

### Red Squad Ages 6 - 8 | 90 mins | \$36/session

On a mini court (6 x 11m) players develop the ability to hit to corners in a rally, volleying skills and playing points with diagonal serving. 25% compression Red Ball. 23 inch racquet.

### Orange Squad Ages 7 - 10 | 90 mins | \$36/session

On a 3/4 court (6.4 X 18.3m) players will improve technique, hitting with increased speed and net play skills. 25% compression Orange Ball; 25-26 inch racquet.

### Green Squad Ages 9 - 11 | 2 hr 15 mins | \$46/session

Players who regularly compete in leagues and/or JDS tournaments will develop a full tennis skill set. 90 mins Tennis & 45 mins Athletic Dev. (Fridays: only tennis, \$36/session)

### Bronze Squad Ages 10 - 12 | 2 hr 15 mins | \$46/session

Players starting to compete in AR events will improve their hitting, movement, decision making skills & the ability to training intensity. 90 mins Tennis & 45 mins Athletic Development.

### Silver Squad Ages 12 - 16 | 2 hr 15 mins | \$46/session

Regular AR tournament players will improve their hitting, movement and decision skills at increasing levels of intensity. 90 mins Tennis & 45 mins Athletic Development.

### Gold Squad Ages 14+ | 2 hr 15 mins | \$46/session

Players competing in higher level AR events will refine their tennis skills in a high intensity & competitive training environment. 90 mins Tennis & 45 mins Athletic Development.

### Performance Match Play 5 hours | \$25/session

Tournament level players are grouped according to standard and will typically either play 3 sets of singles and 3 sets of doubles or 2 best of 2 set singles matches.

### Proteges SCGS Students Only

Red (Years 1-4), Orange (Years 2-5), Green (Years 3-6) & Yellow (Years 4-6). 45 min sessions (except Tuesday Yellow). \$120/Term 1 session/wk, \$240/Term 2 sessions/wk, etc.

### School of Excellence SCGS Students Only

- Development Program: Tennis replaces 1 subject. Year 7 - 9 do 5 lessons/week, Year 10 do 6 lessons/week. All years \$625/Term.
- Elite Program: Tennis replaces 2 subjects. Year 7 do 7 lessons/week, \$850/Term. Years 8 - 9 do 9 lessons/week, \$1100/Term. Year 10 do 11 lessons/week, \$1100/Term.
- Year 11 & 12: Individualised program.