**Rockingham Tennis Club**

Unlock your full potential with New Zone Tennis

New Zone Tennis offers a fully tailored training and competition program based on individual assessment and performance goals.

Heiner Wirtz-Fielding’s highly regarded international coaching experience spans in excess of 25 years, supported by internationally recognised qualifications in Germany, the United Kingdom and Australia.

The current junior program is based on Tennis Australia’s player development pathway starting with the Hot Shot Program for Primary School students.

Prep – year 2: Hot Shot Red (1/2 court, bigger and very light balls)

Year 3-4: Hot Shot Orange (3/4 court, balls 50% lighter and lower pressure)

Year 4-6: Hot Shot Green (full court, balls 25% lighter and lower pressure)

Red and to some extend orange are the entry points and green is for the intermediate to advanced junior of 9-11 years old.

Timetable:

Tuesday and Thursday: 4-4.45 Red, 4.45-5.30 Orange, 5.30-6.30 Green

Friday: Play session Red/Orange 4-5pm, Match-play Green 5-6.30pm

For the remainder of term 4/2020 all sessions are drop-in sessions at $10 per child and lesson.

For further inquiries please contact Heiner:

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