



Pymble Tennis Academy

Summary of the Program

The overall aim of the *Pymble* Tennis Program is to provide all participants a positive sports experience with the opportunity to achieve their full potential by using tennis as a holistic means of individual development. This ties into our dual Program Philosophy of looking to develop skills from both a tennis and life perspective. More specifically, the purpose of this Academy Program is to provide a comprehensive tennis program for *Pymble* girls that choose tennis as their main sport; that will allow players to set and pursue goals within the sport while simultaneously learning important life lessons that enrich their *Pymble* experience.

The Academy Program looks to cover the tennis specific, technical, tactical, physical and psychological components of the sport, whilst encouraging social, educative and competitive experiences. Our goal is to make tennis enjoyable to all participants, provide a pathway of development within the sport and facilitate the development of great people that are great at tennis.

Please note: This is a selective program. Students that feel they meet the *Eligibility Criteria* are encouraged to register. A final decision will be made by a selection panel including the Head of Sport, Tennis Manager, Tennis Director and Elite Tennis Coach.

Program Information

Registration Advice	This is a TERMLY program - registration is required toward the end of the previous term for applicable terms. Priority placement will be given to those registered in the previous term.
Charging Advice	This TERMLY program will be charged TERMLY.
Program Manager	Jufri Foss jfoss@pymblelc.nsw.edu.au
Coaching Director	Christina Horiatopoulos choriatopoulos@pymblelc.nsw.edu.au
Instructor/Teacher	Varies
Administration	N/A
Term/s	Term 1 Term 2 Term 3 Term 4
Years	Years 6 to 12
Eligibility Requirements	To be accepted into this Tennis Academy Program, students must meet the following criteria: <ul style="list-style-type: none">• Demonstrates a strong commitment to attendance, a positive attitude and the College core values• Performs at a Tildesley standard or displays the potential to reach that level



	<ul style="list-style-type: none"> • Demonstrates dedication to improving in the sport of tennis and a willingness to train throughout the entire year • Aims to participate in both <i>Pymble</i> and Tennis Australia tournaments • Displays a keen interest in learning both physical and mental facets of tennis
Days/Times	<p>Training - Term 1 and 4 <i>On Court:</i> Monday to Friday 6.30am to 8.00am (<i>except Tuesday and Wednesday for the Gym/Fitness sessions</i>) Monday to Friday 4.00pm to 6.00pm</p> <p><i>Gym & Fitness:</i> Tuesday: 6.45am to 8.00am (GYM) Wednesday 6.30am to 8.00am (FITNESS)</p> <p><i>Class Room Session:</i> Tuesday: 12.50pm to 1.30pm</p> <p>Training - Term 2 and 3 <i>On Court:</i> Monday to Friday 6.30am to 8.00am (<i>except Tuesday and Wednesday for the Gym/Fitness sessions</i>) Monday to Friday 3.30pm to 5.30pm</p> <p><i>Gym & Fitness:</i> Tuesday: 6.45am to 8.00am (GYM) Wednesday 6.30am to 8.00am (FITNESS)</p> <p><i>Class Room Session:</i> Tuesday: 12.50pm to 1.30pm</p>
Program Cost (and itemised inclusions)	Term 1: \$630.00 flat rate (all sessions included) Term 2: \$567.00 flat rate (all sessions included) Term 3: \$630.00 flat rate (all sessions included) Term 4: \$441.00 flat rate (all sessions included) <i>Please note: Students will still need to be registered into each of the sessions they plan to attend.</i>
Program Extras and Additional Costs	N/A
Minimum	10
Maximum	40
Program Dates (Start/End)	Term 1: Monday 4 February to Thursday 11 April Term 2: Tuesday 30 April to Friday 28 June Term 3: Tuesday 23 July to Thursday 26 September Term 4: Monday 14 October to Saturday 30 November
Venues/Rooms/Locations	Secondary School Tennis Courts (Behind PE Centre) Pymble Fitness Centre (GYM)
Uniform	Hat PE/Sports uniform



	Water bottle
Equipment	Racquet
Associated Programs	<p>As an Academy Member you will be expected to trial and play for IGSSA/IPSHA and Tildesley events.</p> <p>The Academy program will work in conjunction with:</p> <ul style="list-style-type: none">• IGSSA Competition – Term 1 (Year 7 to 12 only)• HKDTA Competition – Term 4 (Year 7 to 12 only)• IPSHA Competition – Term 4 (Year 6 only)• Tildesley events <p>In Term 1, Tildesley training and IGSSA training will substitute for the Academy program.</p>
Further Information	N/A