



Dear Sacred Heart Parents and Carers,

Rising Star Tennis Academy (RSTA) would like to offer your child/ren in Year 2 – 6 the opportunity to develop their tennis skills through the Red Ball Play and Train Program. This program would take place on Sacred Heart's modified tennis courts.

The Red Ball Play and Train program will be held across two days with the separate elements of the program being covered on either the Monday or Friday. On Monday the play element would be held from 3:20pm – 4:20pm and on Friday for the train element. The train element of the program will have one session from 3:20pm – 4pm.

The program would start on Monday 17<sup>th</sup> February and run through to Friday 3<sup>rd</sup> April 2020. In the event of wet weather, a wash out make-up session will be held on Monday 6<sup>th</sup> April.

The philosophy of the Play and Train program is designed to engage playing the game of tennis in a fun team environment, where the promotion of a "guided discovery" learning approach is supported. The program will be led by a supervised matchplay Tennis Australia Qualified coach.

Based on the coaches' observations through the supervised matchplay competition, coaches and players will have a better understanding of what needs to be prioritised technically and tactically in the weekly training session.

Our Play and Train Program is designed to accelerate your child's development and love of team based competition.

Technical Priorities: Basic rally skills, perception and reception skills, shot readiness and movement with balance.

Tactical Priorities: Basic rally concepts and understanding the rules of the game of tennis.

Social Priorities: Falling in love with the game, team bonding, sportsmanship and respect.

The Red Ball Play and Train Program is conducted in a modified environment on a ¼ size tennis court using Red (25%) low compression balls.

All equipment needed for the program will be provided by Rising Star Tennis Academy (RSTA).

To register your child's expression of interest please email the office at [office.shps@cg.catholic.edu.au](mailto:office.shps@cg.catholic.edu.au).

**All expressions of interest need to be sent through by Friday 14<sup>th</sup> February 2020.** After this date parents and carers will receive a confirmation email from the Front Office indicating if their child/ren has been accepted into the Red Ball Play and Train Program.

The cost of the Red Ball Play and Train Program will be \$160 for the 7 weeks x 14 sessions in total (7 play sessions and 7 train sessions).

The payment for the tennis clinics will be required once you have received confirmation from Front office that your child has been accepted into the Red Ball Play and Train Program. This payment will be made through Sacred Heart's QKR account.

Sincerely yours,

Frank Calabria

Director

Rising Star Tennis Academy Pty Ltd

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