



PROVIDER PROGRAM DETAILS

Page 1 of 3

TENNIS NT

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PROGRAM DESCRIPTION

You don't need a tennis court to play Tennis Hots Shots – all you need is a flat area and a bit of imagination. Play indoors if it's too hot. We provide portable nets, line markings, low compression beginner balls, various sized kids racquets, and a qualified coach.

The ANZ Tennis Hot Shots program is made up of fun tennis activities which support skill acquisition and movement all whilst playing the game.

Tennis Hot Shots facilitates active play and is inclusive. Tennis can be played by both boys and girls of all ages and abilities. The aim of this program is to support remote communities with sustainable health and physical education programs. This is done in part by increasing the participation and activity levels of its people and running an intro to Hot Shots training course for adults in the community.



PRODUCT OFFERING SPECIFICS

ANZ Tennis Hot Shots is a tennis program designed specifically to meet the needs of children. With the inclusion of smaller courts, and modified equipment; lighter racquets and low-compression balls it makes tennis fun and easy to learn for young children.



There are four stages of the ANZ Hot Shots Program – Blue, Red, Orange and Green – targeted specifically to select age groups and levels.

Children will be taught to score and officiate themselves, creating opportunities for a Hot Shots league to be run after the Remote Sports Voucher program has finished.

BLUE STAGE AND RED STAGE

The program will help to stimulate motor skill development, build strength, balance and general coordination.

These levels are also our Introduction to tennis, with games created to ensure group interaction, self-confidence through easily mastered skills, and fun through competition.

ORANGE STAGE AND GREEN STAGE

Develop technique, ability to rally, body coordination, challenge & concentration, group interaction, self-confidence, fun Consolidate technique and swing patterns, game strategy, develop physical skills, discover the game, rules and type of competition.

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After completing the remote sports voucher Tennis Hot Shots program children will be trained and ready for a Hot Shots league. This can easily be managed by the community once the introduction program is complete. This Allows the children to utilise their new skills in a weekly competition.

In a Hot Shots league children play against others in the same ball coloured level. Matches can be time limited or they can play up to a designated score.

AGE 3-5	AGE 5-8	AGE 8-10	AGE 9+
BLUE STAGE 	RED STAGE 	ORANGE STAGE 	GREEN STAGE

Why low-compression balls are perfect for 10-and-under players

19-year-old adult (169.85 cm)	10-year-old (138.7 cm)	8-year-old (127.4 cm)	6-year-old (116 cm)
Yellow ball 135-147 cm	Green ball 120-135 cm	Orange ball 105-120 cm	Red ball 85-105 cm

– Average heights of males and females combined (World Health Organisation, 2007)
 – Maximum rebound height specifications for ITF approved tennis balls (ITF Rules of Tennis 2011)



EQUIPMENT

SMALL NT REMOTE HOT SHOTS KIT

Official ANZ Tennis Hot Shots equipment:

- 1 x 6m 'doubles play' portable nets
- 2 x 3m 'singles play' portable nets
- 1 x Roller Bag
- 15 x Kids Hot Shots racquets, various sizes
- 4 Dozen introduction tennis balls
- Drop down lines

MEDIUM NT REMOTE HOT SHOTS KIT

Official ANZ Tennis Hot Shots equipment:

- 2 x 6m 'doubles play' portable nets
- 4 x 3m 'singles play' portable nets
- 1 x Roller Bag
- 30 x Kids Hot Shots racquets, various sizes
- 6 Dozen introduction tennis balls
- Drop down lines

LARGE NT REMOTE SHOTS KIT

Official ANZ Tennis Hot Shots equipment:

- 4 x 6m 'doubles play' portable nets
- 8 x 3m 'singles play' portable nets
- 1 x Roller Bag
- 45 x Kids Hot Shots racquets, various sizes
- 8 Dozen introduction tennis balls
- Drop down lines