



PROVIDER PROGRAM DETAILS

TENNIS NT

CONTACT PERSON

Beth Caird
Diversity & Inclusion Manager
08 8981 5609
beth.caird@tennis.com.au
<http://www.tennis.com.au/nt/>



PROGRAM DESCRIPTION

Tennis NT delivers high-quality participation programs to diverse user groups of all ages across the Top End, with the overall aim of increasing participation and pathway opportunities for Indigenous Australians and people from culturally and linguistically diverse backgrounds and people with a disability across the NT.

Programs are run by qualified Tennis NT coaches and are fun, inclusive and accessible for all, with a focus on tennis being a sport for life.

There is no need for a tennis court to bring tennis to your community, it is an accessible, fun sport that can be rolled out to your school or community group.

REMOTE COMMUNITIES PROGRAM

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.

In order to play, all that is required is a flat area and a bit of imagination. We provide portable nets, line markings, low compression beginner balls, various sized kids racquets, and a qualified coach.

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.



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

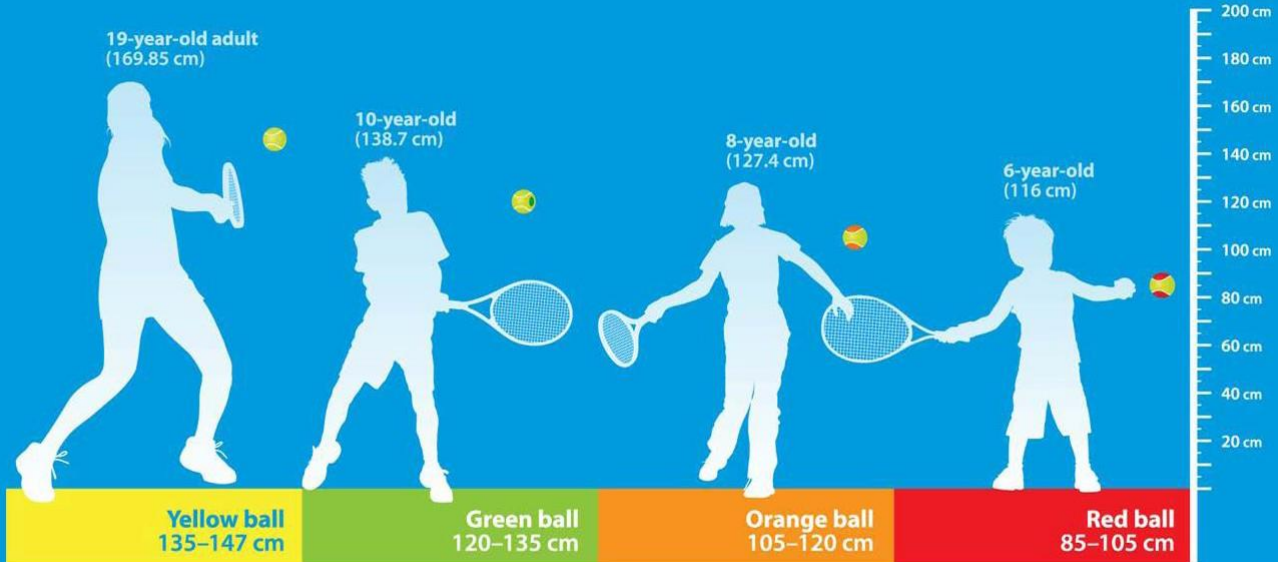
Develop technique, ability to rally, body coordination, challenge & concentration, group interaction, self-confidence, fun consolidate technique and swing patterns, game strategy, develop physical skills, discover the game, rules and type of competition.



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

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



- 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)





Do you have other ideas about your specific requirements? Tennis NT has capacity to talk and discuss with you further about what could work in your community.

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