



Tennis SUNDAY SQUAD COACHING PROGRAM 2024

Session Dates:

TERM 1

Session 1: Sunday 18th of February 8:30am-12:00 – St Stephens Tennis Club Belmont

Session 2: Sunday 17th of March 9:00am-12:00pm – St Stephens Tennis Club Belmont

** Pat Cash Cup is on February in 2024

TERM 2

Session 1: Sunday 16th of June 9:00am-12:00pm – Jan Juc Tennis Club, Jan Juc

Session 2: Sunday 23rd June 9:00am-12:00pm – St Stephens Tennis Club Belmont

** 2nd June, High Performance Day @ Melbourne Park in 2024

**Mother's Day 12th May & Kings Birthday Monday 10th of June in 2024

TERM 3

Session 1: Sunday 14th of July 9:00am-12:00pm – St Stephens Tennis Club Belmont (TBC)

Session 2: Sunday 8th of September 9:00-12:00pm – Jan Juc Tennis Club, Jan Juc

**September 1st is Father's Day in 2024

TERM 4

** 5th & 6th October, VRAS inter-academy challenge @ Bendigo Tennis Centre in 2024

Session 1: Sunday 17th of November @ St Stephens Tennis Club, Belmont – TIME TBC DUE TO AJL – 2025 BSA program trials after this session

The BSA membership will cover the cost of Head Coach, courts. Balls provided by Tennis Vict. Sports specific sessions on Goal setting, Nutrition and Sports Psychology may be incorporated into these dates.

Session Details:

Venue: This year we will be sharing venues to provide different playing services, with our trials being held at St Stephens Tennis Club, Belmont (TBC)

Coaches: Jackson Varney (As appointed by Tennis Victoria & recommended by BSA)

Time: 9am – 12pm Term 1,2 & 3. Term 4 TBC due to AJL commitments?

IF UNABLE TO ATTEND!

Players are asked to let either Jackson Varney or Matt Hicks know prior to the session if they are not able to attend. Jackson/Matt will then find a replacement from the BSA Development squad. These athletes are very eager for opportunities so please ensure you are diligent on this point.

Jackson Varney - 0491 681 305

Matt Hicks – 0420 516 595

Note: Whats App will also be used as communications but a phone call is preferred as early as possible if unable to attend a weekly or Sunday session.