

HOT SHOTS CHALLENGE DAY

AN EXCITING NEW FORMAT

FOR 7 - 10 YEARS OLD

Most coaching pupils ask "When can we play matches?" Most kids love to play and compete. Often they are not ready for "regular" competition, can lose enthusiasm and quickly become frustrated

There are only two principles to consider when looking at competition structure; **FEAR** and **FAIR!**

- 🟢 Fear means that a child is afraid of what will happen if the outcome is not positive.
- 🟢 Fair means that the child must have the opportunity to play with friends and with players who are of the same standard as themselves and finally to have an opportunity of winning or succeeding.

HOT SHOTS CHALLENGE DAY

- 🟢 Is about **FUN, FRIENDS** and **FITNESS**
- 🟢 The Challenge Days are about providing a supportive environment for play through a competitive team event structure:
- 🟢 The "learn to play" pathway and a variety of formats provide for all competitive orientations and encourage player's progression.
- 🟢 The formats provide many tactical challenges with modified scoring and rules.
- 🟢 Players may become more competitive as they gain confidence and skills improve.

Competition is being able to play and having a chance to succeed. If you have no chance to succeed then this is not competition this is just a bad experience.

Times Available Term 4, 2011

Monday 5:00 - 6:00 pm & Wednesday 5:00 - 6:00 pm

Wednesday 4:00 - 5:00 pm (available when other timeslots filled)

Sessions are fully supervised

Please note these sessions are not coaching lessons (general tips will be given)



COME AND PLAY



FOR FURTHER DETAILS OR TO ENROL CALL ROB 5338 1459 or PETER 0417 382 865

**BALLARAT REGIONAL
TENNIS CENTRE
5338 1459**

"BRTC is a deliverer of the MLC Tennis Hot Shots, which is the only nationally recognised grassroots participation program that is endorsed by Tennis Australia for children aged 10 & under"



APPROVED MLC TENNIS HOT SHOTS DELIVERER