

## What is Tennis Whizz?

Tennis Whizz is the most complete tennis program ever developed for the under 5 age group. From its inception we wanted to create a program that inspired little ones to step on the court with their parents and have more fun than they ever thought possible.

Knowing that children are little sponges at this age, in each session we have woven implicit learning opportunities based around a holistic model of development. We have included tasks that teach numeracy, literacy, social skills, listening, problem solving and all while just having fun.

### Why should I enroll my child?

#### Confidence

Children who start in a program at an early age will be more confident in a sporting arena later.

#### Movement and co-ordination

A child who uses certain muscles and joints and performs certain movements will gain control of these elements sooner, and while this is no guarantee of sporting excellence, it will set them on the path to a life of sporting fun and competence.

#### Social Interaction

Through sports children meet others. They form friendships, learn to interact and play with others.

#### Sport is fun

At this young age it's about learning that movement is fun. Studies suggest that the earlier a child gets into the habit of being active the more likely they are to be an active and healthy adult.

#### Get Set for School

Through every Tennis Whizz lesson we have woven some key set for school skills such as numbers, letters, colors and shapes.

## Essential Sports Skills

Through Tennis Whizz we explore the key elements of sports orientation, developing and understanding:



#### Space

Creating an understanding of distance, direction, height, size and court space.



#### People

Learning to play means learning to work together, and understand cooperation.



#### Objects

Tennis is about using a racquet to control a ball. Learning to hit, throw, catch, and manipulate the ball, the racquet and a variety of other equipment.



#### Movement

Learning to move around the court in a variety of different ways, developing coordination and agility.



#### Body

Body skills include balance, twisting and a variety of non-locomotive skills. These help children to develop greater body awareness and coordination.



#### Brain

Developing reasoning, listening and enhancing cognitive development, this part of the program also includes the key "Set 4 School" skills.

**For More Information Contact:**  
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**Or Visit [www.TennisWHIZZ.com](http://www.TennisWHIZZ.com)**

## What you need to know...

### About Tennis!

Tennis Whizz is all about having fun. But we also know that you probably signed your kid up for it because you like tennis and hope that your child will learn to love it too.



Open any tennis magazine and you will find a myriad of technical information,

none of which is aimed at children at the pre-school age.

### Send it

Children need to learn to make the racquet make contact with the ball. They will send it over different distances using a simple stroke. To do this players' need to:

- Get Balanced.
- Make the strings point in the direction that they want the ball to go in.
- Make a simple low to high swing on ground strokes.
- Makes a simple block action on volleys.
- Make impact with the ball in front.

### Find it

They also need to learn about the characteristics of the ball in flight. This doesn't get taught in many tennis lessons but is actually the #1 reason that kids can't play. By playing with a ball in many different ways children will learn how to judge:

- Bounces
- Depth
- Direction

And then they need to learn to position themselves effectively to receive the ball.

### Racquets

Want to buy a racquet for your child? Don't make the mistake of buying any size.



Kids at this age should use a 17" or 19" racquet. Ask your coordinator, these are often available through your tennis club. You are unlikely to find these sizes at a general sports retailer, where the smallest racquet you will find is likely to be a 21".

### Perspective

At this young age we want your child to have a positive, active experience. We want you to remember that your child has yet to start school and Tennis Whizz is not a program claiming that because your child is active on a tennis court and having fun, that they will go pro. Tennis Whizz is about having fun with your child and starting a life of athletic competence and excitement.

### The Game

When you play with your child you can help them to understand some key concepts of the game. Playing games in a defined space can introduce the idea of "In and Out".

Any time that you pass the ball back and forth you are introducing the idea of rallying. This is great to start to develop the idea of playing together. Need some more ideas? You will get games to play every week at your Tennis Whizz lesson!

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