



Cardio Tennis Workshop

Keynote Speaker

Belinda Colaneri, Tennis Australia Professional Development Coordinator

Workshop includes:

- What is Cardio Tennis
- An ideal Cardio Tennis session
- Additional Cardio Tennis drills & feeding activities
- Where to next?

Date: Sunday 29th May, 2011

Time: 10.00am – 2.30pm

Venue: Melbourne Park, Indoor courts 3-5 Car Park Entrance B.

Cost: FREE and only for Tennis Australia Qualified Coach Members

Dress: Tennis Attire – to actively participate in workshop

RSVP: Kat Polan – kpolan@tennis.com (03) 8420-8416



Belinda Colaneri

Belinda Colaneri is the Professional Development Coordinator at Tennis Australia and also facilitates all Tennis Australia Coaching Courses and Qualifications. Belinda is the national course work assessor and is heavily involved in the content development of Tennis Australia courses and qualifications. She holds a Tennis Australia High Performance Qualification, and previous to her current role, Belinda was a Tennis Australia Touring Coach, travelling the world with many of Australia's best juniors and privately coaching several Australian Junior National Champions. Belinda has also run a successful tennis business and was a Tennis Australia National Academy and Victorian State Coach. Belinda also holds a Degree in Human Movement and Education.

