



SPECIALIST TENNIS PROGRAM

(Endorsed by the Department of Education and Tennis West)

TENNIS TRIALS

to be held at

John Forrest Secondary College
180 Drake Street, Morley WA 6062

Wednesday 30 March 2016 at 3.30pm

Applications accepted from Year 5 and 6 Students

Students will need to:

- **Wear appropriate sports clothing and footwear.**
- **Bring their racquet.**
- **Bring a water bottle.**

BACKGROUND

This program is for students from both metropolitan and country areas who are serious about developing their tennis skills.

The John Forrest Specialist Tennis Program is the only Tennis program north of the river and is a fantastic opportunity for league and tournament players to develop their skills while attending high school. Students with a limited tennis background may also apply but need to have a genuine interest in the sport.

Students can select to try out for the "General" Tennis Program or the "A" Squad Program. The "A" Squad extends the high performance player with up to an extra six hours of tennis per week, including match play and specialised fitness training.

The program is coordinated by John Campbell (former State League Player and "Coach of the Year").

COURSE DESCRIPTION

In lower school the program includes:

- Development of advanced tennis skills and strategies.
- Stroke analysis, including video replay.
- Match play, including The Spring Valley Schools Tennis Classic.
- Tennis camps and tours.
- Fitness training and testing.
- Inter and intra school match play.
- Diet and nutrition.
- Psychological aspects.

All students will have the opportunity to attend a variety of extra tennis activities during the school year. These include for example camps, match play day and interschool competitions.

For further information about the John Forrest Secondary College Specialist Tennis Program please contact Lynn McPherson (T: 9473 4035, F: 9272 6504, E: lynn.mcpherson@education.wa.edu.au).

Applications close **Thursday 24 March 2016.**





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Year 7 in 2017 or 2018

APPLICATION FORM

(Please circle)

Surname: _____ Other Names: _____

Parent/Guardian Surname: _____ Other Names: _____

Address: _____

_____ Post Code: _____

Parent/Guardian Email Address: _____

Date of Birth: _____ Male/Female: _____

Phone Number: _____ Work: _____ Mobile: _____

Current School: _____

How did you hear about this Course?	Primary School	<input type="checkbox"/>	Newspaper	<input type="checkbox"/>	Tennis Club	<input type="checkbox"/>	Tennis Coach	<input type="checkbox"/>	Other	<input type="checkbox"/>
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Name of Tennis Club (if applicable): _____

Name of Tennis Coach (if applicable): _____

Please enclose:

- Copy of most recent school report.
- A written reference from your school (principal, class or physical education teacher).
- Any other supporting information (references, copies of merit awards).

Please Note: Do not send originals with your application as documents are not returned.

Parent/Guardian Signature: _____ Date: _____

Please forward application to:

John Forrest Secondary College
180 Drake Street
Morley WA 6062

Attention Lynn McPherson

T: 9473 4035
F: 9272 6504
E: lynn.mcpherson@education.wa.edu.au

