

JOHN FORREST Secondary College INDEPENDENT PUBLIC SCHOOL

180 Drake Street, Morley WA 6062 T: 9473 4000 F: 9272 6504 E: johnforrest.sc@education.wa.edu.au www.johnforrest.wa.edu.au

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.

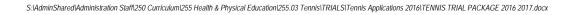
All students will have the opportunity to attend a variety of extra tennis activities during the school year. These include for example camps, match play day and interschool competitions.

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)

Gurname: Parent/Guardian Surname:			Othe	r Names: _				
			Othe	Other Names:				
ddress:								
		Post Code:						
arent/Guardian Email /	Address:							
ate of Birth:				Male	Female: _			
hone Number:		Work:	Mobile:					
urrent School:								
•	Primary School	Newspaper	Tennis (Club	Tennis Coach	Other		
Name of Tennis Club (if a	applicable)						_	
Name of Tennis Coach (i	f applicable):							
Please enclose:								
A written reference		ol report. our school (princ mation (reference			ation teache	er).		
Please Note: Do not	t send originals	with your applicati	ion as documents	are not retur	ned.			
Paront/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



