

Gosford Tennis Program



One Culture Support Services

Welcome to One Culture Support Services Gosford Tennis Program!



Our Coach

Our Coach at One Culture is there to provide a fun, safe and inclusive sports environment with potential to develop sports specific skills and make friends whilst doing it!



Our Coach is fun, enthusiastic and always there to help or assist you with whatever you need! Don't be shy to ask the Coach about themselves or even tell them a bit more about you!



You will be attending our Tennis Program at...

Gosford Tennis Club

Gosford Tennis Club, Racecourse Rd - Gosford NSW

Tuesdays: 4pm to 5pm | 5pm to 6pm | 6pm to 7pm

Wednesdays: 4pm to 5pm | 5pm to 6pm | 6pm to 7pm

**Here are some pictures
of the location**



Coaches Rules



Our Coach has 3 rules on the court that help to **keep you safe!**

1

Make sure you are careful when swinging the racquet and hitting tennis balls

2

Listen as best as you can

3

HAVE FUN!



Here's what staying safe while having fun can look like



Here is some of the equipment we will be using



Racquet

Tennis Ball



Tennis Net

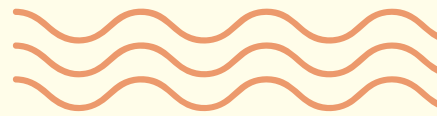


Easy Catch Net



What other equipment do you like to use?
Let our Coach know!

This is what your tennis session might look like



Hello/Greeting

We might start the session discussing what you did that day and something that made you feel happy.



Free Play

This may be throwing and catching the ball or practicing some hits with the racquet with Haz or other participants.



Warm Up Activities

We get your body warmed up through stretches, runs and fun games to get you ready for the session.



Skill Activity

We will be focusing on certain skills for you to practise and learn to improve your tennis abilities.



Game Play

Now it's time to put those skills you've learnt to use and play some tennis!



Cool Down and Session Closure

What did we learn today?



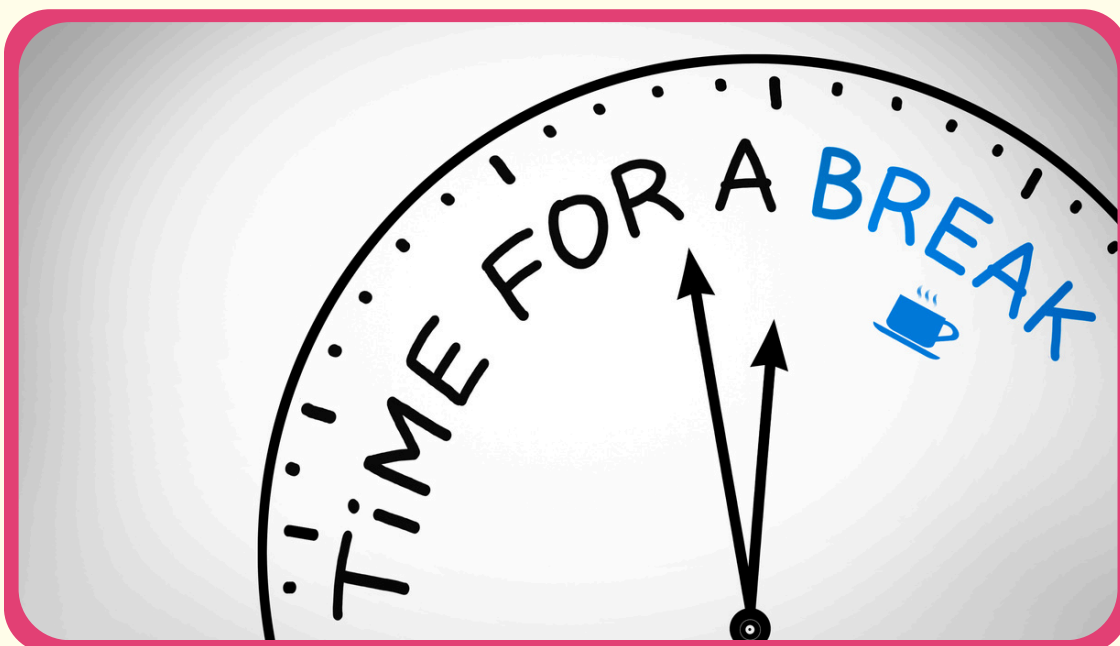
Your session will last for 1 hour

Breaks

If you need a break, you can ask our Coach and tell him what you need.

You can tell our Coach that you are ready to join in again returning to the group session.

Make sure if you need a break that you stay to the side of the court where our Coach can see you.



Thank you



Thank you for taking the time to read through our Social Story.

If you have any feedback, recommendations, questions, or comments please email us at the address listed at the bottom of the page.

We can't wait to see you out at the program!



Phone: 08 7080 3894

Email: enquiry@oneculturegroup.org

