



# Tennis Program



# One Culture Tennis Program!



## Meet our Head Coach, Lucia!



She's played tennis since she was 5 years old and still greatly enjoys the game!

Lucia has coached a range of school-aged children and teenagers, as well as the juniors team at a tennis club for around 3+ years.

She is bubbly, energetic and kind! Her aim as a coach is to create an environment where players of all abilities and backgrounds feel welcome, valued, and able to reach their full potential, as well as creating an atmosphere that has a sense of community and support.



# You will be attending our Tennis Program at...

## Blair Athol Racquet Sports Hub

Lionel Avenue, Blair Athol

### Saturdays:

9:30am to 10:30am | 10:30am to 11:30am | 11:30am to 12:30pm

### Wednesdays:

4pm to 5pm | 5pm to 6pm | 6pm to 7pm



## Here are some pictures of the location



# Here is some of the equipment we will be using



**Racquet**



**Tennis Ball**



**Tennis Net**



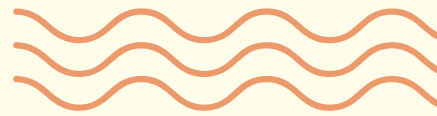
**Easy Catch Net**



**What other equipment do you like to use?**

Let Lucia 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 Lucia 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**

# Lucia's Rules



**Lucia 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**



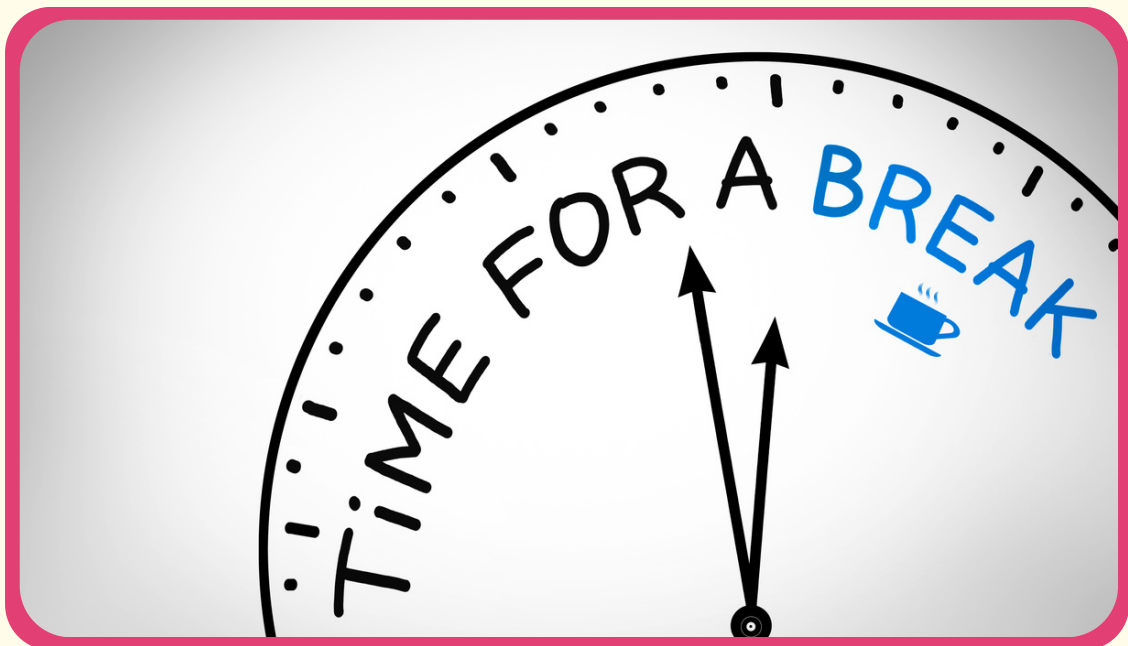
# Breaks



**If you need a break, you can ask Lucia and tell her what you need.**

**You can tell Lucia 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 Lucia 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 on the pitch!**



**Phone: 08 7080 3894**

**Email: [info@oneculturegroup.org](mailto:info@oneculturegroup.org)**

