

# Information Form

## 2021-22 Season

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Sunnyhills Tennis Club strives to be the Heart of the Community – *Play It! Love It! Connect!*

Our focus is community engagement, building our forever game and sustainability through growing the club membership and developing our players through our Junior and Interclub programmes as well as enjoying social tennis at all levels.

### SENIORS:

We have a range of Senior Interclub teams - singles, doubles and mixed doubles. Play is available all year round both on weekends and twilight. Social tennis is also played on Monday and Wednesday evenings during summer with fun tournaments and events run throughout the year.

### COACHING FOR NEW MEMBERS:

Our Social/Senior membership for adults includes 4 free group coaching sessions (to be run on Friday evenings) during Term 4 or Term 1. Returning Social members can take up this coaching for an additional fee. **NOTE:** New Social/Senior members that signed up during the winter or did not take the 'coaching option' last summer can take up on this offer for FREE.

**Senior Contacts:**      John Macnaughtan      021 104 6653      Liz Lombard      021 114 7890

### MIDWEEK LADIES:

Midweek Ladies club day is on a Wednesday morning from 9:15 am to 11:30am focusing on fun social tennis followed by morning tea. Throughout the year we have social activities such as the Private Courts Tournament, Winter Soup Day, Champagne Breakfast Open Day and our famous Christmas party as well as having tournaments with other local clubs. We welcome beginning players to come along and have a go without the pressure of competition.

We offer Interclub competition year-round, participating in the Tennis Auckland Lead-In and Summer Interclub as well as Winter Outdoor (not for points). Our matches are played on a Monday and Tuesday and cater for all abilities and experience.

**Midweek Contact:**      Laura Beattie      027 223 5399

### PEAK FITNESS:

PEAK Fitness is a boutique fitness centre which offers personal fitness, group classes and nutrition information for those interested. For more information on the services on offer please visit: <https://www.peakforlife.co.nz/>

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Sunnyhills Tennis Club Inc - [www.sunnyhillstennisclub.org](http://www.sunnyhillstennisclub.org)

CLUBHOUSE      6 Oleander Point, Sunnyhills, Auckland, 2010  
POSTAL          PO Box 51 347, Pakuranga, Auckland, 2140  
TELEPHONE      09 576 4765

PRESIDENT      Michelle Braid      027 270 4219  
CLUB MANAGER/MIDWEEK LADIES      Laura Beattie      027 223 5399  
JUNIOR CO-CONVENER      Amanda Pritchard      027 495 8438



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### JUNIORS:

Sunnyhills offers a comprehensive and successful Hot Shots and Junior tennis programme, starting from 5 years old through to 18 years old with our Junior and Intermediate age groups. Junior coaching is included as part of the membership fee during the summer season for Terms 4 and 1 and is organised into ability.

Our coaches are popular with the children and our programme runs on Mondays, Tuesdays and Saturdays. The annual membership fee for Hot Shots includes one coaching session (Mon or Sat) or you can opt for both days and pay the additional fee of \$75 for Red and \$100 for Orange/Green **PER TERM**. Squad or individual coaching is also available through our coaches. Match play is on a Friday for Orange Hot Shots Levels and up and offers a social environment for Juniors. For competitive players we offer Interclub: Beginner Interclub is on Sat/Sun afternoons at either Windmill Road or ASB Netball Courts while Open Interclub is on Sat/Sun mornings either at SH or away.

### HOT SHOTS

**Red A** (4-6 y/o): The RED BALL is the entry stage group for young kids that haven't played tennis. We use low compression balls, smaller racquets and adapted courts.

**Red B** (6-7 y/o): The RED BALL B is for players that are still within this age group, but either have already been in Red A or are slightly older (as we tend to split groups by experience and age). We use low compression balls, smaller racquets and adapted courts.

**Orange** (7-8 y/o): The ORANGE group coaching is done on a bigger court (3/4 length) and slightly bigger racquets are necessary. We still use low compression balls, so it's easier for the young ones to play and have fun.

**Green** (9-11 y/o): The GREEN group coaching is done on a full size court and we use a mix of green-dot and regular balls. Players need to be strong enough to handle a bigger racquet, heavier balls and to play the full length of the court.

**MONDAY Combined Red A & B:** This is a combined Red A & B group that we run as a weekday option.

**MONDAY Orange** (7-8 y/o): Same as above that we run as a weekday option.

**MONDAY Green** (10-14 y/o): This group is for beginner players that started playing tennis at a later age but are not yet ready to join kids of the same age that are already competing (that coaching is on Tuesday after school). Once a player is ready to join and move up a group, they will receive an invitation.

### INTERCLUB GROUPS

**3.45-4.45:** Combination of players with no prior interclub experience (either moving up from Green group or started playing tennis recently but are already able to compete at a basic level) and for players that played beginner interclub last summer.

**4.45-5.45:** Same as above, but for either older age groups or slightly more experience players (Note: Some stronger players that did beginner interclub last summer will move up to the 5.45 group).

**5.45-6.45:** Players that have played both summer terms in an Open interclub team in the previous season.

**6.45-7.45:** Same as above, but for either older age groups or slightly more experience players.

**Junior Contacts:** Amanda Pritchard 027 495 8438 Michelle Johnson 021 331 162

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 Amanda Pritchard 027 495 8438  
 Michelle Johnson 021 331 162  
[sunnyhillstennis@gmail.com](mailto:sunnyhillstennis@gmail.com)

# 信息表

## 2021-22 年赛季



Sunnyhills 网球俱乐部 争取成为社区的中心 -- 打网球，爱网球，让我们在一起。

我们通过不断增长的会员人数，致力于俱乐部的长足发展。我们不仅提供儿童及青少年训练班和俱乐部联赛来培养我们的网球队员，并且提供 娱乐网球组给各个程度的休闲球员。

### 成人组:

我们设有不同类型的成人俱乐部联赛队伍 – 单打，双打和混合双打。比赛全年在周末或黄昏时分举行。

社交型网球也会在夏季的每周一和周三晚上举行，并且在全年之中举办各种活动和有趣的比赛。

### 新会员训练:

我们的社交/成人会员包括了 4 次在第一学期或第四学期的大课训练（在周五傍晚进行）。续费的会员也可以在支付一定费用的情况下参加训练。

备注：在这个冬季新加入的社交/成人会员，或上个夏季加入俱乐部但没有参加新会员训练的会员们，可以在下个夏季免费参加训练。

**成人组联系人:** John Macnaughtan 021 1046653 Liz Lombard 021 114 7890

### 女士社交组:

女士社交组的活动日安排在每星期三的上午 9:15 至 11:30, 活动侧重于友谊赛和赛后社交（提供咖啡）。全年都安排有各种不同形式的社交活动，例如广受欢迎的 Private Courts Tournament 私人场地赛，冬季的热汤日，香槟早餐开放日和我们最著名的圣诞聚会。我们也会不定期进行和周边其他俱乐部的联谊活动。我们欢迎初学者在没有比赛压力的情况下加入我们，来尝试网球这个运动。

夏季和冬季（没有积分）我们都有俱乐部联赛，安排在星期一和星期二举行，并且适合各种水平的球员。

**女士社交组联系人:** Laura Beattie 027 223 5399

### PEAK FITNESS 健身所:

PEAK Fitness 是一家精致的健身中心，为感兴趣的人群提供个人健身，团队课程和营养保健信息。访问其网站可查询更多信息：<https://www.peakforlife.co.nz/>

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邮寄地址: PO Box 51 347, Pakuranga, Auckland, 2140  
电话: 09 576 4765

电子邮箱



[nnis@gmail.com](mailto:nnis@gmail.com)

主席  
俱乐部经理/女士社交组  
青少年组联系人  
青少年组联系人

Michelle Braid 027 270 4219  
Laura Beattie 027 223 5399  
Amanda Pritchard 027 495 8438  
Michelle Johnson 021 331 162

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## 2021-22 年赛季



### 儿童和青少年组:

Sunnyhills 网球俱乐部提供综合和广受欢迎的 Hot Shots 和儿童以及青少年网球训练班，从五岁开始直到 18 岁，分为儿童年龄组和青少年年龄组。在夏季的第四学期和第一学期，俱乐部年费包含儿童和青少年训练班的费用，训练班根据不同水平而开设。

我们的教练们深受孩子们的喜爱，训练班通常在每学期中的每星期一，星期二和星期六进行。每年的儿童会费包括了周一或者周六的大课训练。如果您想同时参加两个时间段的训练，红色组会员只需要每学期另外支付 75 刀的费用，橙色和绿色组会员每学期另外支付 100 刀。小型团组和一对一课程可通过 Sunnyhills 网球俱乐部教练安排。夏季两学期中的每星期五为橙色及以上级别安排友谊比赛，为儿童和青少年提供一个友好的社交氛围。对于比赛型会员，我们提供俱乐部联赛队伍。初级比赛在周六下午或周日下午举行，地点在 windmill 路或 ASB netball 场地。开放组比赛在周六或周日早上，地点在我们主场或对手俱乐部。

### 儿童组:

红色 A (4 - 6 岁): 红色网球是入门级别，为了从来没有接触过网球的孩子而设。我们使用压力小的网球和小尺寸的网球拍和合适的球场。

红色 B (6 - 7 岁): 红色 B 组的孩子们仍在这个年龄段，但已经完成了红色 A 组的训练或是年龄稍微大一些（我们试图通过年龄和能力将孩子们分组训练）。我们使用压力小的网球和小尺寸的网球拍和合适的球场。

橙色组 (7 - 8 岁): 橙色组的训练会使用大一些的球场（四分之三的正常球场长度）和需要稍微大一些的网球拍。我们仍然会使用压力小一些的网球，让小球员们打起球来更轻松和愉快。

绿色组 (9 - 11 岁): 绿色组的训练会使用正规球场的尺寸，我们会混合绿点球和普通球进行训练。球员们必须足够强壮来使用更大的球拍，更重的网球，以及在标准尺寸的球场上打球。

周一红色 A 和 B 联合组: 这是一个我们提供的工作日课后结合了红色 A 组和 B 组的训练组。

周一橙色组(7-8 岁): 和周六的橙色组一样，我们所提供的工作日课后训练。

周一绿色组(10-14 岁): 这个训练组主要针对开始学习网球比较晚并且还没有足够能力加入同龄孩子训练（周二下午）的球员。当我们认为孩子有能力升到下一个程度训练的时候，我们会发出邀请。

### 俱乐部联赛训练组:

3.45 - 4.45: 这个组结合了从来没有俱乐部之间比赛经验的球员（刚从绿色组升上来，或是刚开始打网球并没有达到一般比赛的程度），和上个夏季打了初级组比赛的球员们。

4.45 - 5.45: 和上一组一样，但是球员们的年龄大一些或是经验稍微丰富一些。（备注：一些上个赛季打了初级比赛组的能力比较强的球员们会移到 5.45 的训练组。）

5.45 - 6.45: 上个赛季的两个学期都打了俱乐部之间联赛开放组的球员们。

6.45 - 7.45: 和上一组一样，但是球员们的年龄更大一些或是经验稍微丰富一些。

青少年组联系人: Amanda Pritchard 027 495 8438 Michelle Johnson 021 331 162

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