

Information Form

2022-23 Season

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/Midweek/Senior membership for new adults includes 4 free group coaching sessions that will run in the evenings at the beginning of Term 4 or Term 1. Returning Social/Midweek/Senior members can take up this coaching for an additional fee. **NOTE:** New Social/Midweek/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/>

Sunnyhills Tennis Club Inc - 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, Wednesdays and Saturdays. The annual membership fee for Hot Shots includes one coaching session (Mon, Wed or Sat) or you can opt for two days and pay the additional fee of \$75 for Red and \$100 for Orange/Green/Beg Interclub **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 on Sat/Sun afternoons at either Windmill Road, ASB Netball Courts or Nicholson Park 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 Red A or B (4-6 y/o): Same as above that we run as a weekday option.

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

WEDNESDAY 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

TUESDAY 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.

TUESDAY 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).

MONDAY 5.15-6.15: Another weekday option for any players from the two groups above (can choose between either or both for twice a week coaching)

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

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

Junior Contact: Michelle Johnson 021 331 162

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