

I have been working on developing tennis munchkin's squads for the past two years these sessions are not only a great introduction to tennis for your child but also teaches fundamental hand, eye coordination, and flexibility, balance, and ball skills. Preschool children are encouraged to learn warm up/cool down stretching. Basic technical training and footwork will be developed through fun games. The sessions vary to maximise the child's improvement.

Through this early introduction to sport, children also learn essential life skills. To be good at tennis makes you believe in yourself. I am passionate about sport and the huge benefits that can be gained from taking part and the seeds to accomplish these benefits start with tennis munchkins!

Paul Rock  
Head Coach

#### SPORT TEACHES ESSENTIAL LIFE SKILLS

##### CONFIDENCE

"Confidence is contagious. So is lack of confidence" Vince Lombardi football coach

##### CONCENTRATION

It's shocking how little there is to do with tennis when you're just thinking about nothing except winning every point. Andre Agassi

##### DETERMINATION

"What is the single most important quality in a tennis champion? I would have to say desire, staying in there and winning matches when you are not playing well" John McEnroe

##### HARD WORK

"Hard work is the price we must pay for success. I think you can accomplish anything if you're willing to pay the price". Vince Lombardi football coach

### FACING CHALLENGES

"I've been playing against older and stronger competition my whole life. It has made me a better tennis player and able to play against this kind of level despite their strength and experience". Maria Sharapova

### LEARN NOT TO BE COMPLACENT

"Behind every tennis player there is another tennis player" John McPhee