WHANGĀREI BOYS' HIGH SCHOOL
DEVELOPING BOYS INTO FINE MEN

SPORTS ACADEMIES

Tennis Academy

Programme overview

The Tennis Academy helps students develop their tennis from beginner to intermediate level, using game-based drills to build consistency, control and match experience.

AT A GLANCE	
Who it's for	Students at all year levels, beginner to intermediate
When	Mondays (to be confirmed), 3.30pm – 4.30pm. Term 1 from Week 2 or 3 (7–8 weeks) and Term 4 from Week 2 (8–9 weeks)
Where	The WBHS tennis courts
Coaching	A high-level, experienced coach
Cost	All of the following apply: Coaching fee: $50 per person per term Academy Administration fee: $50 (paid per academy per year) Uniform: purchased separately from NZ Uniforms

What students will work on

Technical	Stroke development, swing patterns and movement skills
Tactical	Shot selection, patterns of play and percentages
Physical and psychological	Preparation, warm-up and routines

Sessions use lots of game-based drills to build each student's consistency and control, developing both their ability and their experience.

Key details

- Rackets and balls are provided
- Maximum of 20 students. The academy needs at least 4 students to run
- One-on-one coaching can be arranged at a later date if there is interest