



MastaStroke Tennis System

Coaching Information including Player Pathway



Welcome

Welcome to MastaStroke Tennis System and the Dalkeith Tennis Club. We look forward to your participation in our programs and our tennis club.

Our coaches are chosen based on their honesty, integrity, technical knowledge and communication skills. Tennis Australia has recognized MastaStroke Tennis and Dalkeith Tennis Club as one of 8 National Platinum Training Environments. This is the highest recognition of coaching quality available in Australia. John Thorpe (MastaStroke Director) is only one of two Platinum Coaches in Western Australia.

MastaStroke Tennis System – Player Pathway

The following is a summary of operations of MastaStroke Tennis System and a description of the player pathway.

MastaStroke Tennis System is a Club based tennis service business divided into 2 areas – Participation Tennis and Performance Tennis.

Mission Statement – Participation Tennis

MastaStroke Tennis System will conduct enjoyable and engaging tennis programs for all ages that focus on the development of core skills leading to and preparing for participation in school tennis and tennis league competition if desired.

Mission Statement – Performance Tennis

MastaStroke Tennis System will conduct an “international standard” program of excellence in technical, physical, tactical and psychological training. The Performance Tennis program aims to develop National Champions.

Coaching Staff

John Thorpe (Participation and Performance Tennis)

- Tennis Australia Club Professional Coach
- Tennis Australia National Coach Advisory Group 2006 – 2010
- Tennis Australia National Platinum Talent Development Coach
- Head Coach – MastaStroke Academy
- Australian Coach of the Year 2000
- Western Australian Coach of the Year 1995, 1996, 1997, 1998
- Western Australian Coach of the Year – High Performance Tennis 2012
- Western Australian Coach of the Year – Talent Development 2015
- Tennis Coaches Australia President – WA 2000 – 2006
- National Tennis Coaches Australia President from 2003 - 2006

Matthew Carle (Participation Tennis)

- Tennis Australia Coach Member
- Tennis Australia Development Coach
- Coach at 2016 Tennis Australia School of the Year - Wembley Primary School
- Curriculum Council PE Studies Tennis Examiner
- Player Development Coach since 1998
- Bachelor of Education Secondary – Social Sciences

Mark Arnot (Consultant Strength & Conditioning - Performance Tennis)

- Masters Degree in Sports Science – Manchester Metropolitan University
- Bachelor of Science in Physical Education and Coaching – Cumberland University
- Strength and Conditioning Coach – England Women's National Soccer team
- Strength and Conditioning Coach – Leeds United FC

Participation Tennis

The following programs make up our Participation Tennis Program and are covered in more detail on the MastaStroke Tennis System website – www.mastastroke.com.au.

Age is a guide only for where players should be participating. Secure online enrolment via the website at <http://mastastroke.com.au/enrol/junior.php>



Coaching and Match Play Guidelines

Stage	Coaching	Match Play	Community Play
Blue Stage	3–5 years		3–12 years
Red Stage	5–8 years	6–8 years	
Orange Stage	8–10 years	8–9 years	
Green Stage	9–12 years	9–12 years	
Club Tennis	12 ⁺ years		

Junior Players

- ANZ Tennis Hot Shots – **RED** Stage (age 5-8years)
- ANZ Tennis Hot Shots – **ORANGE** Stage (age 8-10years)
- ANZ Tennis Hot Shots – **GREEN** Stage (9 years and over)
- School Holiday Programs (age 6 – 14 years)
- School Holiday Match Play Programs (9 years and over)
- ANZ Tennis Hot Shots Tournaments (age 5 – 12 years)
- Tennis West Junior Tennis League (age 8 – 16 years)
- Private Lessons (all ages)
- Individual Video Analysis sessions (all ages)

ANZ Tennis Hot Shots	Age	Court Size	Ball Compression	Racquet Size
RED Stage	5-8 years	3.0 wide/8.23m long	25% compression	21 – 23 inch
ORANGE Stage	8-10 years	6.5 wide/18m long	50% compression	23 – 25 inch
GREEN Stage	9 years and over	10.97 wide/23.78m long	75% compression	25 – 27 inch

Senior Players

- Adult Coaching and Match Play Program
- Cardio Tennis
- Private Lessons
- Individual Video Analysis sessions
- Senior Tennis League (both inter and intra Club competition)

Important Note to Parents

Tennis is a game for a lifetime and will assist your child to develop in many ways. We expect your child to enjoy every part of their tennis experience. Developing automated tennis skill involves correct grips and swing-shapes, movement, balance and space awareness.

Please be patient while your child builds their skills. There are many instances where a player has had a slower than expected uptake of the required skills and gone on to be an extremely competent player.

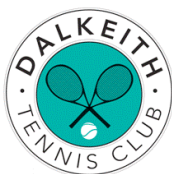
Performance Tennis

The following programs make up the Performance Tennis Program. These Programs work to a “national competition standard” rather than a “local standard”.

In 2016 Tennis Australia appointed 8 coaches across Australia to Platinum National Talent Development Coach status to lead player development in Australia. Our Head Coach, John Thorpe is one of these 8 endorsed coaches.

Players are invited to participate in these Programs as a result of ranking or through graduation via the player pathway. The MastaStroke Academy Program is further detailed on the MastaStroke Tennis System website – www.mastastroke.com.au

- Talent Development Orange Ball Program
- Talent Development Green Ball Program
- MastaStroke Academy – Performance Tier 3
- MastaStroke Academy – Performance Tier 2
- MastaStroke Academy – Performance Tier 1



Dalkeith Tennis Club

Membership

Membership of the Dalkeith Tennis Club is available at any time of the year. Subscriptions are pro-rata at the conclusion of the summer season. All players are encouraged to take advantage of the opportunity that membership offers. Specific details are available from any MastaStroke Tennis System staff member or by visiting the Club website – www.dalkeithtc.com

Tennis League

MastaStroke Tennis operates the Junior Tennis League program at Dalkeith Tennis Club. This program forms part of the Tennis West Tennis League competition and is available to members in both summer and winter seasons. Summer applications are taken from August and winter applications are taken from March of each year.

Court Hire

Courts are available for hire to the public. MastaStroke Tennis is able to take court bookings and to collect required fees for the public and member's when applicable.

The following fees apply as of July 2017.

Members:	Lights	\$10.00/hour/court (no court hire applicable)
Public Booking:	Court Hire	\$15.00 hour/court for hardcourt
		\$20.00 hour / court for Hartru clay
	Light Fees	\$10.00 hour/court

Clubhouse/Facility Hire

The Clubhouse and facilities are available for hire for functions approved by the Management Committee. Clubhouse hire is \$200.00 for members and \$300.00 for non-members. Bookings can be made through the MastaStroke Tennis ProShop.

School Fixtures at Dalkeith Tennis Club

Local schools are welcome to use the facilities of the Dalkeith Tennis Club for school team training and fixtures. Enquiries regarding this service should be directed to the MastaStroke ProShop. Please note that there is a high level of demand for this service in the summer season and early enquiry is encouraged.



Administration

MastaStroke Tennis operates a “help desk” for members and those seeking information about club services during office hours. If a MastaStroke Tennis Staff member is not available, we will aim to follow up any enquiry before COB on that day.

MastaStroke Tennis - Hours of Operation

Monday to Friday	7.00am – 7.00pm
Saturday	7.00am – 1.00pm
Sunday	8.00am – 1.00pm

Sunday office hours are for the operation and supervision of Tennis League fixtures.

Contact Details

Mailing Address	PO Box 807, Nedlands, WA 6909
Club Location	86 Beatrice Road, Dalkeith WA 6009
ProShop Office	08 9386 6906
John Thorpe	0412 214475 john@mastastroke.com.au
Matt Carle	0407 983045 matt@mastastroke.com.au

