



Centennial Parklands  
SPORTS CENTRE

## **CPSC 12 to 14s Orientation**

### **Welcome to 12 to 14s Lessons at Centennial Parklands Sports Centre**

Your child is taking the next steps toward refining their skills as a tennis player! Our 12 to 14s sessions are designed for young players who may have taken tennis instruction—though this is not a requirement to join

### **Where are the Centennial Parklands Sports Centre tennis courts?**

Our 11 tennis courts (9 synthetic grass, 2 hardcourt) are located across the road from The Entertainment Quarter. Programs are usually held on Courts 1 to 4.

### **What to bring...**

A tennis racquet for your child and a water bottle! Racquets are also available for loan from our Tennis Kiosk.

### **What your child can expect...**

12 to 14s sessions are designed to ensure that your child receives a balance between the ongoing technical instruction required for them to improve and the opportunity for play. Our coaches will guide them through the fundamental strokes. Sessions are divided into a technical portion where our coaches will instruct your child on the stroke/concept of the week and a play-oriented portion where they will get the opportunity to test out these strokes/concepts in game and point situations.

### **By the end of this term...**

Your child should be further refining their skills as a player. The more they practise, the quicker they will improve! We encourage them to practise outside of lessons with friends, family, and players in their group.

### **What if it's raining?**

You will receive an SMS from the CPSC team if your child's lesson has been cancelled at least an hour before its scheduled start time. For this reason, please ensure that your mobile phone number is entered correctly on your user profile. If you do not hear from us, assume that the lesson is on.