



Centennial Parklands
SPORTS CENTRE

CPSC High Intermediate Orientation

Welcome to High Intermediate Lessons at CPSC

High Intermediate Tennis Lessons are designed for players who have *achieved* Intermediate competency and are looking to move on to higher levels. This means you have a UTR Rating of ~3.5 to 5.5, an NTRP rating of 3.0 to 4.0, or play at an equivalent level.

Description of High Intermediate:

You have dependable groundstrokes, but this may not include directional control and depth. You have the ability to use lobs, overheads, approach shots, and volleys with moderate success, and should be able to occasionally force errors while serving. Rallies may be lost due to impatience.

If you are unsure whether or not you will fit into our High Intermediate classes, please contact us at (02) 9662 7033 or bookings@parklandssports.com.au and ask to speak with one of our coaches.

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...

Your tennis racquet and water. If you are thinking of upgrading, we sell adult racquets from Babolat and Wilson. Please contact us at bookings@parklandssports.com.au for prices and to place an order. Wear comfortable athletic gear and tennis shoes.

What you can expect...

High Intermediate sessions are designed to ensure that you receive a balance between the ongoing technical instruction required for you to improve and the opportunity for play. Our coaches will guide you through the fundamental strokes and finish the term with specialized strokes and tactics.

Sessions are divided into a technical portion where our coaches will instruct you on the stroke/concept of the week and a play-oriented portion where you will get the opportunity to test out these strokes/concepts in game and point situations.



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By the end of this term...

You should be further refining your skills as a High Intermediate player and also adding to your tactical knowledge. The more you practise, the quicker you will improve. We encourage you to practise outside of lessons with players in your group. Once you feel comfortable, we also encourage you to take part in our [Adult Competitions](#).

What if it's raining?

You will receive an SMS from the CPSC team if your lesson has been cancelled at least an hour before its scheduled start time. (Unless your class is in our earliest timeslot on Saturday—in that case we will endeavour to send you a message 30 minutes before your 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.