CPSC Advanced Orientation

Welcome to Advanced Lessons at CPSC

Advanced sessions provide a high-intensity training environment that combines technical refinement with competitive match play. Players will work on:

-Advanced stroke production and shot selection

-Singles and doubles tactics

-Point construction and strategic decision-making

-Match-play patterns and situational training

-Mental resilience and performance under pressure

Each session includes a focused technical component led by our coaching team, followed by competitive drills, game-based scenarios, and match-play opportunities that challenge players to apply concepts in realistic competition settings.

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.

What to bring…

Your tennis racquet and water. If you are thinking of upgrading, we sell adult racquets from Babolat. 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…

Our Advanced Program is designed for committed tournament and performance players looking to take their game to the next level. Training sessions are fast-paced, challenging, and designed to replicate the physical, technical, and tactical demands of competitive match play.

Players can expect a professional training environment, feedback, and the opportunity to develop alongside other high-level athletes. The program emphasizes consistent improvement, competitive excellence and the skills required to perform successfully in tournament, representative, and collegiate tennis..

Centennial Parklands
SPORTS CENTRE

By the end of this term…

You should have further refined your technical skills, enhanced your tactical awareness, and developed greater confidence in competitive match situations. Through consistent training and match-play opportunities, you will improve your ability to construct points, make strategic decisions under pressure, and execute effectively in both singles and doubles play.

Progress at this level requires commitment beyond weekly lessons, and we encourage players to regularly practise and compete outside of training sessions. Additional match play, tournaments, and competitive opportunities will help accelerate your development and reinforce the skills covered throughout the program.

Our goal is to prepare players for success in tournament, representative, and collegiate-level tennis while fostering a mindset of continuous improvement and high performance.

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.