

POWA

HOT SHOTS

Hot Shots is a world famous junior program for kids taking their first steps in tennis. Hot Shots is designed for kids to succeed in tennis development whilst having fun. For Juniors aged 3-12 (ability depending). POWA has programs/equipment for every child.

Hot Shots:

Duration	Cost	Time
45 minutes	\$20 per player	3.45pm, 4.30pm Mon-Fri after school

BLUE STAGE 	RED STAGE 	ORANGE STAGE 	GREEN STAGE 
			
AGE 3-5	AGE 5-8	AGE 8-10	AGE 9+



What is Hot Shots?

With ANZ Tennis Hot Shots, the courts and equipment are smaller, and the balls don't bounce as high – perfect for new players. And you don't need a tennis court to play! Children can enjoy ANZ Tennis Hot Shots with their friends or family at home, school and at their local tennis club – all you need is a flat surface.

What is a Low Compression Ball?

Red, orange and green low-compression balls don't bounce as high as a yellow ball, making them easier for children to hit. Watch these animations to find out why the red, orange and green balls are perfect for developing players.

Smaller courts?

The courts are smaller too, which makes them easier for kids to play on. It also helps them develop realistic footwork patterns and encourages them to use all parts of the court. And the great thing is you don't need a tennis court – you can play on any flat hard surface!

Correct racquet size?

Picking the right tennis racquet is crucial – if it's too heavy or the wrong size the child will have trouble swinging the racquet and it could lead to injury. Your child should be able to hold the racquet comfortably when their arm is extended and be able to swing the racquet easily.

Also, make sure the grip is the right size for your child. Your child should be able to hold the racquet comfortably – if the grip is too big or too small, children will grip the racquet tighter. This can

lead to injury and inhibit children from developing a fluent technique.

If in doubt, choose a smaller racquet until you are sure that your child is ready for a larger size racquet, the main thing is that the child feels comfortable using the racquet.

POWA TENNIS sells all 17-27 inch racquets to cover each child's needs. We will also be able to help pick the correct size racquet. Racquets can be demoed at Hartwell Tennis Club.

Stefan Woolley – Registered Club Professional Coach

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