**Coaching Report**

Squad Players:

Coming to the end of term and all juniors putting in the hard work throughout the year and seeing some results show already with 2 currently in Melbourne playing in the highest ranked tournament of the year for there age is outstanding coming from the central coast. As there are 2 weeks to go before school holidays start and tournaments start to fire up, we have no doubt that all players will give it a red hot crack through the aussie summer.

On tour with coast and country tennis – Albury and Wodonga will be a massive trip for these youngens. Not only on grass but fending for themselves and hoping to learn a lot while being away.

Hot Shots:

Throughout 2019 we have seen numbers grow through the hot shot programs and want this to continue for 2020. We plan on approaching and working with more schools in 2020 and look to build our program through them and holiday camps. We have planned to create a performance pathway for red and orange ball who want to take tennis a little more serious.

Adults:

During Term 4 we have seen a solid attendance through the Monday and Wednesday night adult’s clinic. Sitting around 10 on a Monday beginner and 15-20 on a Wednesday night. Tom and Brad have been running a great clinic through term 4. We would love to see these numbers increase over the aussie summer by at least 5 people per class.

Cardio:

Numbers through cardio have increase since the winter season which is great to see and have some really dedicated clients who turn up every week no matter how bad that smoke is. We will look to move one of the cardio days so we can accommodate for other clinics throughout the week.

Ladies Clinic:

A new program being introduced in 2020 for all ladies who want develop new skills out on court with the dynamic duo of Alex and Jono. This clinic will include technical and tactical advice. We hope to see the star pupils of this club lead the charge in attendance Jackie, Bonnie and Jenny.

Gym:

In 2020 we look to introduce classes and programs to all Gosford tennis club members to either improve their fitness, build strength, or just to socialize while getting a great workout done during the day. We will be advertising boxing classes, S&C classes and of course 1 on 1 PT lessons if needed. Overall we should see 5 classes available throughout the week not including the 1 on 1 PT sessions.

There will be a select few players nominated who can use the gym unsupervised but will come at a cost of $5 per use or $15 for the week.

Tennis Camp:

We will be running 2 weeks of tennis camp throughout January, unfortunately we will be down a few coaches as we have Jono, Brad and Tyler away for both weeks so we will be looking around for help during those days. None the lesson we hope for a great turn out and will be prepared to run a great camp with all the kids pumped about the aussie open around the corner.