

# extreme tennis

## CHRISTMAS NEWSLETTER 2022

STUART & DIANA SUTTERBY

64 Heritage Way, Lysterfield 3156 P: (03) 9759 6475 M: 0412 106 416 / 0403 525 111  
Tennis Australia Club Professionals, A.T.P.C.A Reg. Level 2, T.C.A.V. Reg. Adv. Coach, & Bach. Teaching

**contactus@extremetennis.com.au**

**www.extremetennis.com.au**

Wilson



Merry



Christmas!

### END OF YEAR COACHING~

All lessons for Term 4, 2022 are now complete. We hope that all pupils have enjoyed their return to coaching and the sport after what can only be described as yet another trying year! Remember to keep up your hitting practise over the holidays and utilize the courts whilst you can.....

Listed below are the Term 1/2023 commencement dates. Invoices will be sent to you via email stating your child's day & time on it. Lesson day & time will remain the same unless we notify you otherwise.

Please call/email us prior to Monday 9/1/2023 should you wish to request any day or venue changes, as classes will be finalized and invoices emailed in the week 16-20th January 2023.

*If you are not intending to return to coaching next year, please have the courtesy to notify us ASAP, as a place is being held for you. We can then advise people who may be on a waiting list of available vacancies.*

**MONDAY 30TH JANUARY 2023**

**TUESDAY 31ST JANUARY 2023**

**WEDNESDAY 1ST FEBRUARY 2023**

**THURSDAY 2ND FEBRUARY 2023**

**FRIDAY 3RD FEBRUARY 2023**

On behalf of the Extreme Tennis Coaching Team, we would like to thank you for your support over the past two years, it has been trying times for everybody and we are grateful for the resumption of all programs and competitions and being back on court playing the "game for life".

Our ET Coaching Team, wishes everyone a very Merry Christmas and safe, happy and prosperous New Year! See you on court in 2023!



### PLEASE NOTE:

THE OFFICE WILL BE CLOSED FROM TUES 20TH DEC TO MON 9TH JAN 2023. DURING THE REMAINDER OF THE SUMMER HOLIDAYS THE OFFICE WILL BE OPEN ON A "DEMAND/NEEDS" BASIS. HENCE, SHOULD YOU REQUIRE RACQUET ASSISTANCE, RESTRINGS OR WISH TO BOOK PRIVATE LESSONS, PLEASE PHONE OUR MOBILES TO ARRANGE A SUITABLE TIME.

### COACHING PRICES (AS OF 1st JANUARY 2023 G.S.T Incl)

*We wish to advise a slight increase to our pricing structure as a result of the standardised professional coaching association recommendations/review and to streamline our program costings. Please note based on this information, we are still charging below the RRP in nearly all of our programs offered. All prices are GST inclusive.*

**TUESDAY TOURNAMENT PLAYERS' SQUAD: (1.75hrs)**  
**\$22.00 combined with lessons**  
**\$25.00 in isolation**

**THERE WILL BE NO PRICE CHANGES TO ALL OTHER PROGRAMS PRICE STRUCTURES.**

### QUOTE TO PONDER:

"You can't measure success if you have never failed. My father has taught me that if you really do want to reach your goals, you can't spend any time worrying about whether you're going to win or lose. Focus only on getting better." - Steffi Graf



**Have your contact details changed or are you yet to register your email address with us???? IF YES..... COULD YOU PLEASE DROP US A LINE A.S.A.P ON OUR EMAIL. IT IS CRUCIAL THAT YOUR DETAILS ARE UP TO DATE AS OUR ADMINISTRATION SOFTWARE PROGRAM OPERATES BASED ON THIS INFORMATION—including emergency SMS. Thank You for your attention to this matter.**

## **ADULT TWILIGHT COACHING CLINICS**

Our popular monthly clinics will be returning in 2023.

Check our website for 2023 dates & which will be posted in the New Year.

### **VENUE:**

Upwey South TC – Eloera St, Upwey

**EVENING FORMAT:** 7.30-9pm

45 mins technique & 45 mins strategy/match-play

**COST:** \$25 per session (GST INCL)

### **TERM 1 DATES:**

Monday 6th February & 6th March 2023

Tuesday 7th February & Tuesday 7th March 2023

4-8 pupils per session



## **Cardio Tennis Adult Workout**

Combining music, exercise, tennis and competition! Cardio workout sessions have been a hit for over 18 years & will return in 2023. Currently there are over 30 adults involved in the program.

### **Sessions are conducted:**

Tuesday mornings 9.30-10.30am @ Ferny Creek TC

Monday (Inter-Adv) & Tuesday evenings (Beg-Inter) 7.30-8.30pm @ Upwey Sth TC

Thursday evenings (Inter) 7.30-8.30pm @ Ferny Creek TC

Friday mornings 9.30-10.30am/11.00 am @ Upwey South T/C .

Interested in trying it out? Ring and reserve your place—the first session is FREE! So why not come and do a trial? [See our website for further details.](#)

In 2023, we will continue to give participants the option of paying for a block at a discounted rate or players can continue to attend on a casual basis (Night sessions only) **Cardio sessions will resume MONDAY 30th JANUARY 2023 onwards.**

## **TUESDAY NIGHT JUNIOR**

**TOURNAMENTS @ FERNY CREEK T/C -**  
**4.30PM –6.30PM**

Fun & good match practice!

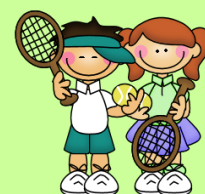
- Singles and doubles match play
- Trophy, hot dog and drink included
- Remember you don't have to be a member to play - all welcome!

### **Term 1 /2023 DATES:**

Tuesday 14th February 2023

Tuesday 21st March 2023

**Bookings are now open.**



## **HOT SHOTS TOURNAMENTS**

Our tournaments continue to be as popular as ever and provide a clear pathway for kids leading into Saturday morning junior competition. Round Robin Match-play format

- Children play 4 timed matches – 3 singles & 1 doubles
- On court supervision-Hot Shots rules apply – modified balls/scoring
- Red, Orange & Green stages graded sections
- Includes hot dog & fruit drink during session's play
- Trophy presentation at end of session's play

### **Term 1 / 2023 Dates:**

**Wed 15th February @ Ferny Creek TC**

**Thurs 16th February @ Upwey South TC**

**Wed 13th March @ Ferny Creek TC**

**Thurs 16th March @ Upwey South TC**





OFFICIAL  
2024  
BALLKID  
TRIAL VENUE

## **-AUSTRALIAN OPEN BALLKID VOLUNTEER-**

As a Ballkid, you work within a fun and energetic team to assist players during matches with the retrieval and distribution of tennis balls, and be there to serve up your best rolls. Extreme Tennis will again be hosting Level 1 trials @ USTC on behalf of Tennis Australia in late March 20223.

**Applications for AO 2024 are now open!**

**<https://ballkids.tennis.com.au/register.aspx>**

**To be eligible to be apply, you must be in the correct age group during the tournament:**

Ballkids are aged between 12 and 15 years \* on 1 January of the event year to be eligible, for selection.

CONGRATULATIONS TO THE MANY EXTREME TENNIS YOUNG GUNS WHO WERE SUCCESSFUL IN REACHING THE TRAIN ON SQUAD, SOME OF WHICH HAVE MADE THE 2023 AO SQUAD BALLKID TEAM.

These kids have undertaken extensive training sessions all year and are to be acknowledged for making it into the final squad of 350 kids out of over 2500 original applicants! Bear in mind that out of the total approx. 130 are "new" / first time Ballkids.

To those who trialled and were successful in reaching the Level 2 and or the Train On Squad, please apply again. Your experience will hold you in good stead next year. Persistence pays off!

Keep an eye & look out for updates in the "Recent News" section on our website about application process in coming months!



## **KANGA NZ Tennis Tour 2023**

An amazing experience for all who have previously participated in the 2 week tour. Many tournament matches are played, lessons learnt, both on and off the court, independence gained, new friendships fostered and lots of fun had! We are hoping for a return to travel overseas in 2023. Stay tuned for further details and planned information evenings early next year.







## **KIDS ON COURT: Monday 16th January 2023**

**Extreme Tennis has been selected to take a special group of 10 HOT SHOT KIDS to the AO on this date to be part of the opening day's action! Details will be emailed to the respective families shortly. If you are there come along and say hi to our little champs of the future!**

Australian Open 2023 will offer more great-value fun for families than ever before, with the popular AO Ballpark presented by Emirates back, an entirely new precinct dedicated to celebrating and playing tennis - AO Tennis Club - and a new fan-friendly design at Grand Slam Oval.

With kids' ground passes starting from \$10 for week one and just \$5 for week two, ground pass holders will be spoilt for choice with tennis on John Cain Arena, Kia Arena, and the outside courts, plus a huge range of family friendly activities and entertainment across Grand Slam Oval, Garden

Grand Slam Oval (GSO) will be home to a new soaring shade structure this summer, providing plentiful shade and a place to rest and recharge. Standing at 11m tall and 36m wide, the Pavilion's design is inspired by native trees and will create an oasis from the sun during the hot Australian summer. With a panel of giant screens on GSO, families can sit back and relax in the shade without missing a moment of the action happening on court.

In addition to the huge range of activities and entertainment on offer for kids and families, **Kids Tennis Day** will return on Saturday 14 January with a host of activities and entertainment across the site. With all the activities on offer, this is a great tennis experience!

**The great-value Australian Open kids ground pass includes access to:**

- Emirates Fly Better adventure with an adrenaline tower and cloud jump
- Aerial adventure with 12 unique obstacles (7m high)
- Entertainment stage
- Water slide (8m high)
- Tennis Hot Shots





## Tickets to the Care A2+ Kooyong Classic are now on sale! This iconic event returns for Melbourne's Summer of Tennis from January 10-12, 2023

In its 33rd year, the Classic, staged by Kooyong Lawn Tennis Club, will again bring world-class tennis to the sporting capital of the world, with more than 12,000 fans expected to attend across the three-day tournament.

Each year, the Kooyong Classic features the world's best players in their final preparation for the Australian Open. The 2023 event will feature current World No.1, **Carlos Alcaraz**, Australian No.1 **Alex de Minaur**, top-ranked American **Taylor Fritz** and US Open champion **Marin Cilic**. They will be joined by Japan's No. 1 ranked player **Yoshito Nishioka**, with more big names including the women's field to be announced in the coming weeks.

At the recently redeveloped venue, fans can see, hear and feel the action up close, with general admission tickets all available through Ticketek and [www.kooyongclassic.com.au](http://www.kooyongclassic.com.au).

The tennis action and entertainment will run from 11am to 5pm each day, catering to all ages with activities from Tennis Victoria, bars and music and a wide variety of foods on the Kooyong Common lawn area.

CareA2+ Kooyong Classic Tournament Director, **Peter Johnston** said: "The two-month countdown to Australia's Summer of Tennis is officially on with the release of ticket sales to the Kooyong Classic today.

"With Carlos Alcaraz, Alex de Minaur, Taylor Fritz and Marin Cilic and a host of other stars, the Care A2+ Kooyong Classic is set to provide world-class competition and entertainment, and an event not to be missed.

"Thanks to the support of our partners, over 20 broadcasters around the world and SBS providing 18 hours of domestic national coverage, the Care A2+ Kooyong Classic returns as a staple of Melbourne's sporting calendar after two years on the sidelines."

**WHEN:** Tuesday, January 10, to Thursday, January 12, 2023.

**WHERE:** Kooyong Lawn Tennis Club, 489 Glenferrie Rd, Kooyong VIC 3144.

**TICKETS:** Ticketek and at [www.kooyongclassic.com.au](http://www.kooyongclassic.com.au).

**BROADCAST:** The 2023 Care A2+ Kooyong Classic will be broadcast live nationally and streamed online on **SBS** between 11am and 5pm on each day of the event.

**Extreme Tennis will be showcasing some of our own HOT SHOT juniors in a pre match hit where the real stars play on Centre Court—come and cheer on our kids on the last day of the tournament—THURSDAY 12th JANUARY.**

**Invites to follow very soon!! (Keep an eye on your emails.....)**



# AUSTRALIAN OPEN JUNIOR TENNIS CLINICS 2023

(Designed for ages 5-15)



CONDUCTED BY CLUB COACHES  
Stuart & Diana Sutterby

Tennis Australia Club Professionals, A.T.P.C.A Reg. Lvl 2, T.C.A.V. Reg. Adv. Coach, Bach of Teaching

## DATES:

**Tuesday 17<sup>th</sup> January 2023 (UPWEY SOUTH TC)**

(Wednesday 18<sup>th</sup> Jan to be used as spare day in case of inclement weather)

**Thursday 19<sup>th</sup> January 2023 (GUY TURNER RESERVE TC)**

(Friday 20<sup>th</sup> Jan to be used as spare day in case of inclement weather)

## FORMAT:

### MORNING SESSION:

**9:00 - 12:30pm (includes lunch)**

#### **FOCUS: Skill development**

Technique – correction and analysis, physical training, sportsmanship, court etiquette, fun, games & prizes.

### AFTERNOON SESSION:

**12:00 - 3.30pm (includes lunch)**

#### **FOCUS: Tournament/Match play – HOT SHOTS**

All Hot Shots pupils rally & score. Hot Shots starter tournaments are a fantastic way for pupils to experience the thrill of match play in a multi-match round robin format. Pupils play in their own colour ball programs/levels with modified courts and balls – red, orange, and green – against players of similar ages under qualified coach supervision.

11+ age group will play round robin using normal yellow balls.

Tactical aspects of the game are also discussed via feedback from coaches.

**-Trophies and prizes will be awarded to the best achievers-**

***\*Both sessions include a sausage sizzle lunch & drinks for all participants\****

***BOOK A MORNING, AFTERNOON or BOTH SESSIONS – the choice is yours!***

**COST: (GST incl)**

***\$45 per half day session***

***\$75 for full day***

**Further enquiries please contact Stuart or Diana Sutterby 0412 106 416 / 0403 525 111**

**Bookings via <https://forms.gle/Ai7JRrP63BwfU1Lb7>**

**[contactus@extremetennis.com.au](mailto:contactus@extremetennis.com.au)**

**[www.extremetennis.com.au](http://www.extremetennis.com.au)**

## CHRISTMAS STOCKING FILLERS IDEAS

All plus more available from the Office -

call us to discuss your needs



### Low Compression Balls

**Red, Orange & Green Balls**

### Tennis Sunscreen

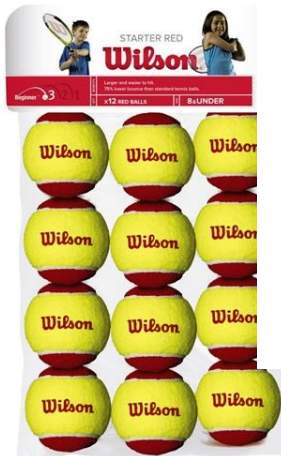
**\$10.00 per tube**



**\$32.00 per dozen (RED)**

**\$10.00 per can (ORANGE/GREEN) - 3 ball can**

**\$12.00 per can (GREEN) - 4 ball can**



### ALL JUNIOR ALUMINIUM RACQUETS—21", 23" & 25"

**\$30.00**



### FEDERER BACK PACK—Black and White

**RRP \$89.99**

**Our price \$79.95**







# Christmas Tennis Reading

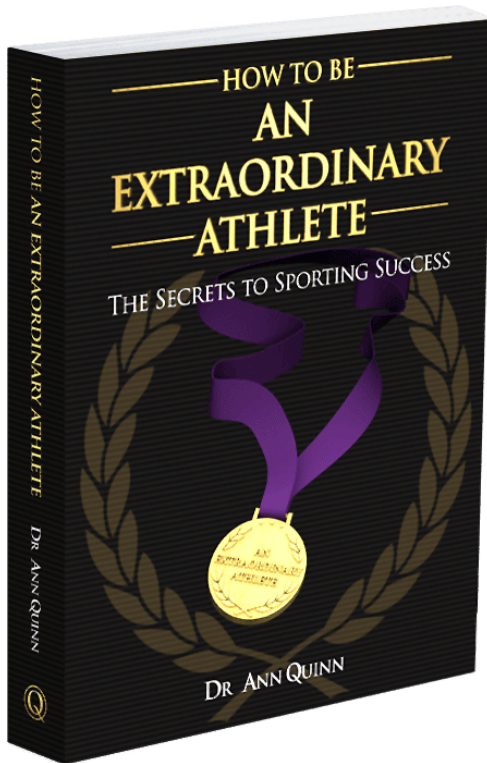
## Our Recommendation—



Available as a hard copy and E book

## How To Be An Extraordinary Athlete

Dr. Ann Quinn



Today, more than ever, athletes are raising the limits on what is achievable. Whatever the prize, be it a gold medal, winning the World Series, the World Cup or Wimbledon, athletes all want to be winners. How to turn your dreams into reality – **This book shows you how with inspirational examples, best practices, sports science tips and secrets of sporting success.**

This is the full colour printed edition of 396 illustrated pages.

In How to be an Extraordinary Athlete, you'll discover:

### **How to turn your dreams into reality**

This book shows you how with inspirational examples, best practices, sports science tips and secrets of sporting success.

### **The success routines of champions**

How to believe in yourself and develop a winning mindset.

### **How to train to be extraordinary**

and how to recover to win and energise to perform.

### **That nothing is impossible**

Learn how to overcome injuries and tough times.

### **How to plan to win**

Be all you can be and **Be Extraordinary.**

### **How to take action**

This book contains simple, practical exercises and lots of great worksheets to help you to reach your full potential.

**FOR ORDERS GO TO: <https://www.annquinn.com/book/>**

As a peak performance coach to Top 10 players on the pro tour, international consultant to sporting and business organisations, author, lecturer at Melbourne University, Keynote speaker, Ann's drive and passion is amazing and inspiring! She was the woman behind Wimbledon Champion Pat Cash and US Open Champion Pat Rafter, the first female to train an Aussie Rules National Team, as well as many other sporting legends in different sports. Her knowledge, experience, energy and dedication is unsurpassed—she has travelled the world lecturing and as a guest speaker on 6 continents in more than 30 countries! **This book can be used by any athlete in any sporting code not just tennis.....**

With a diverse academic background across all the Sports Sciences (Psychology, Exercise Physiology, Biomechanics, Human Movement and Nutrition) and over 30 years of experience working in the world of elite sport, she understands what it takes to succeed!  
**(Not to mention she is an EXTRAORDINARY human being, who we respect, admire and love!)**





*extreme tennis*

## MIDWEEK ADULT TOURNAMENTS

**WEDNESDAY 8TH FEBRUARY**

**WEDNESDAY 8TH MARCH**

**9:30 AM - 11:30AM**

**Upwey South TC, Eloera St, UPWEY**

**FORMAT:**

**16 PLAYERS - RANKED 1-16**

**4 SECTIONS**

- **3 SETS OF DOUBLES**
- **PLAY WITH EACH PERSON IN YOUR GRADE**
- **OPEN TO BEGINNER - ADVANCED PLAYERS**

**COST:**

**\$22.50 incl GST per event**



**PRIZES FOR WINNERS & RUNNERS UP**

**THIS PROGRAM COMPLIMENTS OUR ADULT CARDIO CLASSES & MONTHLY  
ADULT CLINICS BY PROVIDING A PATHWAY FOR SOME COMPETITIVE  
MATCH PLAY DURING THE WEEK.**

**For Bookings - email the office:**

**[contactus@extremetennis.com.au](mailto:contactus@extremetennis.com.au) or call Stuart on 0412 106 416**

