***15/10/2019***

***TENNIS4TEENS COMING to the local area!***

Upwey South Tennis Club is officially unveiling their Tennis4Teens program with sessions launching on THURSDAY 31st OCTOBER.

Tennis4Teens is a program developed by Tennis Victoria with funding support from VicHealth that encourages youth aged between 12-17 years to be active in a non-competitive/social environment.

Based on the research into this age cohort and their associated motivations and barriers for participation in sport, the following core principles apply to the Tennis4Teens program:

* Youth have a “say” in the activities conducted in a session
* Social element pre and/or post on court play
* Minimum of 6 weeks
* Flexible i.e. drop in/out/Pay As You Go
* One to one and a half hours per session
* Active Facilitator
* Use of an online platform to sign participants up
* Focus is on non-competitive, stress-free, fun, social activities both on and off court

Tennis Victoria Project Lead – Female Participation, Tamatha Harding, believes the Tennis4Teens initiative will appropriately represent what the teenage age group want to get out of their physical activity.

“Tennis Victoria wants all ages and abilities getting active and using our sport as their preferred choice for physical activity,” Harding said.

“Research has shown us that this particular age group is keen for their sport to be social and flexible. With that in mind, Tennis4Teens aims to apply these key learnings from the research.

“It’s our hope that all the programs run under the Tennis4Teens umbrella encourage teenagers to pick up a racquet, get active and have fun,” she said.

Upwey South Tennis Club was established over 50 years ago and is located in the Upwey South Reserve. The club engages with many people both young and old within the community through a variety of activities and offerings that cater to a number of abilities and standards.

Diana Sutterby is excited by the program and hopes many teenagers within the community get involved.

“We are a thriving club and have built up a fantastic community and social vibe, with many juniors finding an inclusive, safe and fun place to have a hit” Sutterby said.

“Tennis is after all a game for life!”, she said.

**Event details:**

When: Thursdays commencing October 31st

Time: 4.00-5.30pm

Where: UPWEY SOUTH TENNIS CLUB - Eloera St, Upwey

Notes: $5 per session

***No racquet required; we have “loan” ones available.***

***No prior experience necessary!***

For further information about the Upwey South Tennis Club, please visit: <https://www.ustc.org.au/>

For further information about Tennis4Teens, please visit: [www.tennis4teens.com.au](http://www.tennis4teens.com.au)

***For further information please contact:***Diana Sutterby – 0403 525 111 or contctus@extremetennis.com.au