

extreme tennis

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

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Instagram [extremetennis_](https://www.instagram.com/extremetennis_)



CHRISTMAS NEWSLETTER 2025

2026 STARTING DATES:

Monday
2nd
February

Tuesday
27th
January

Wednesday
28th
January

Thursday
29th
January

Friday
30th
January

All lessons for Term 4, 2025 are now complete. We hope that our pupils have enjoyed their coaching and all the sport has to offer! Remember to keep up your hitting practise over the holidays and utilize the courts whilst you can.....

Listed are the Term 1/2026 commencement dates. Invoices will be sent to you via email stating your or 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 Friday 9/1/2026 should you wish to request any day or venue changes, as classes will be finalized and invoices emailed in the week from 19th January 2026.

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.

On behalf of the Extreme Tennis Coaching Team, we would like to thank you for your support during the year and 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 2026!

From all the ET Coaching Team - happy holidays!

Stuart, Diana, Seb, Binasa, Damo, Zac, Jon, Oskar, Anika, Darren, Dan, Julia, Shae & Charlotte.



COACHING PRICES (AS OF 1ST JANUARY 2026 G.S.T INCL)

We wish to advise of 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 and operating below/under the RRP.

We hope you can appreciate the decision as we don't make it lightly but like all businesses our running costs have all increased. We continue to invest in our coaches and product to bring you the best experience on court.

GROUP COACHING - ALL VENUES

\$1.00 increase

\$162.00 (9 weeks)

(\$5.00 discount for 2nd/3rd/4th child applies)

HOT SHOTS MONTHLY TOURNAMENTS -

\$27.50 per event

CARDIO TENNIS

60 minute sessions

\$25.00 per session - casually

\$20.00 per session - for a 9 lesson block

90 minute sessions

\$35.00 per session - casually

\$30.00 per session - for a 9 lesson block

PRIVATE LESSONS - ALL COACHES

\$50 for 30 mins

\$75 for 45 mins

\$95 for 60 mins

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

Closed

**PLEASE NOTE:
THE OFFICE WILL BE
CLOSED FROM
Sat 20th DEC
TO
Wed 7TH JAN 2026**

**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.**



Have your contact details/email or mobile changed ????

IF YES..... COULD YOU PLEASE DROP US A LINE A.S.A.P via 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.

contactus@extremetennis.com.au



12 JAN-1 FEB

ballkids

-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 2026.

Applications for AO 2027 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 2026 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!

Upwey South TC & Guy Turner Reserve TC turn 50!



Upwey South Tennis Club and Guy Turner Reserve Tennis Club have each proudly celebrated their 50th anniversaries! Both clubs have spent five decades fostering a strong sense of community, developing players of all ages, and providing welcoming spaces where tennis brings people together. Reaching 50 years is a testament to the dedication of past and present members, volunteers, and supporters who have helped build lasting clubs that continue to thrive and serve their communities today!





-KIDS ON COURT- THURSDAY 22nd JANUARY 2026

Extreme Tennis has been selected to take a special group of 10 HOT SHOT KIDS to the AO 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!



- KIDS TENNIS DAY - Saturday 17 January 2026

With activities for children as young as two, the AO Ballpark premieres on Kids Tennis Day, Saturday 17 January, and is open throughout the tournament.

For further details go to:

<https://www.ticketmaster.com.au/ausopen?expType=KidsTennisDayURL>



Tennis Australia - HOT SHOTS PROGRAM

To gain access to your new FREE shirt, please read on and complete the link below.

As we head into the Summer make sure you have signed up to the NEW Hot Shots Tennis Team- Join the Crew!

To be eligible for Australian Open opportunities participants must be part of the Crew, plus they will have access to amazing benefits such as:

- Additional money-can't-buy experiences
- Pre-sale ticket access to local major tennis events
- The official Player T-Shirt for the summer
- Be the first to hear of amazing competitions

It is simple for our Hot Shots kids to Join the Crew, visit hotshots.tennis.com.au/already-playing today.

And the excitement doesn't stop here!

Every year, participants can return to rejoin The Crew and keep the benefits flowing!



- ADULT TWILIGHT COACHING CLINICS -

Our popular monthly clinics will be returning in 2026. Bookings are now open.

Term 1/ 2026 dates

Mon 2nd Feb & Mon 2nd Mar / Tues 3rd Feb & Tues 3rd Mar 2026

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)



- TUESDAY NIGHT JUNIOR YELLOW BALL TOURNAMENTS -

@ FERNY CREEK T/C

4.30PM -6.30PM

Fun & good match practice!

Singles and doubles match play, trophies, hot dog and drink included.

Remember you don't have to be a member to play - all welcome!

Term 1 /2026 DATES:

Tuesday 10th February 2026

Tuesday 17th March 2026

Bookings are now open - contact the Office.



- 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 / 2026 Dates:

Wed 11th Feb & Wed 11th Mar @ Ferny Creek TC

Thurs 12th Feb & Thurs 12th Mar @ Upwey South TC



- CARDIO TENNIS ADULT WORKOUT -

Combining music, exercise, tennis and competition!

Cardio workout sessions have been a hit for over 20 years & will return revamped in 2026.

Currently there are over 30 adults involved in the program.

Sessions:

Tuesday mornings 9.30-10.30am @ Ferny Creek TC

Monday evenings (Inter-Adv) 7:45-8:45pm/9:15pm & Tuesday evenings (Beg-Inter) 7.30-8.30pm @ Upwey Sth TC

NEW CLASS: Wednesday Evening 7:45-8:45pm @ Upwey South T/C .

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

See our website for further details. In 2026, 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)





extreme tennis

AUSTRALIAN OPEN JUNIOR TENNIS CLINICS 2026

(Designed for ages 5-13)



CONDUCTED BY CLUB COACHES
Stuart & Sebastian Sutterby
Tennis Australia Level 2 Club Professional Coaches

DATES & TIME: 9:00 – 1.00pm

Monday 19th January 2026 (UPWEY SOUTH TC)

(Tuesday 20th Jan to be used as spare day in case of inclement weather)

Wednesday 21st January 2026 (GTRTC)

(Thursday 22nd Jan to be used as spare day in case of inclement weather)

FORMAT:

FOCUS: Skill development

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

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

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

The session includes a sausage sizzle lunch & drinks for all participants

COST: (GST incl)

\$70.00

Further enquiries please contact Stuart or Seb Sutterby
0412 106 416 / 0431 387 200

Bookings via <https://forms.gle/SXbVLz2gw5EFdk639>

E: contactus@extremetennis.com.au

W: www.extremetennis.com.au





- CHRISTMAS STOCKING FILLERS IDEAS -

**All plus more available from the Office -
call us to discuss your needs
or to arrange a GIFT VOUCHER!**



Low Compression Balls

Red, Orange & Green Balls

\$32.00 per dozen (RED)

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

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



Hotshots mini nets

\$150.00

(RRP \$250.00)



**Range of
backpacks &
raquet bags**



Junior Aluminium Racquets

21", 23" & 25"

\$35.00



**Tennis Sweaters
Size Adults S, M & L**

\$50.00 each - green & white styles available

(RRP\$149.00)



Extreme Tennis stocks a wide range of racquets, grips, strings, bags, balls, clothing, accessories and much more. To discuss your needs or to place an order – contact us.

Racquets

Why buy through us?

- Extreme Tennis Coaching provides the opportunity to try out different demo racquets on the court so that you will be 100% satisfied that you make the right purchase.
- Racquets can be ordered and purchased within 24 hours.

Wilson®

THE CLASSIC IS BACK IN 2026!

JANUARY 13-15, 2026

An iconic event on the road to the Australian Open, the Kooyong Classic showcases the best tennis players in the world in a unique intimate setting.

Tickets now on sale.

Use discount
code **CLASSIC10**
for 10% off!



For further information please phone +613 9428 8800
or email info@kooyongclassic.com.au
kooyongclassic.com.au

