

## JOHN FORREST

## Secondary College

#### INDEPENDENT PUBLIC SCHOOL

Cricket Music Netball Tennis

# SPECIALIST TENNIS PROGRAM

### Develop your tennis skills while at John Forrest Secondary College

The John Forrest Secondary College Specialist Tennis Program offers students the opportunity to pursue their interest in tennis under the guidance of expert coaches and in a variety of competitions. Being the only Tennis program north of the river, league and tournament players are able to further develop their skills while attending high school.

The program is open to Year 7 to 10 students. Year 11 and 12 students can pursue clear and established educational and workplace pathways in our senior school.

Specialist Sport Program students have a unique opportunity to develop leadership skills and self-discipline and are expected to maintain a high level of endeavour in all learning areas, not only their chosen sport and are expected to participate in the wider College community.

The College was awarded the 'Most Outstanding School for 2022' at the recent TennisWest Awards Night.

The Specialist Tennis Program requires a commitment of four years (Years 7-10).

#### **COURSE DESCRIPTION**

- Development of advanced tennis skills and strategies.
- Stroke analysis, including video replay.
- Tennis camps and tours.

- Match play, including School Sports WA.
- The opportunity to attend a variety of extra tennis activities during the College year.
- Fitness training and testing.
- Inter and intra school match play.
- Diet and nutrition.
- Develop leadership skills and self-discipline.

#### **QUALIFIED STAFF**

The John Forrest Specialist Tennis Program is coordinated by passionate Tennis players who hold current Tennis Coaching credentials.

#### **FACILITIES**

The College has outstanding facilities, including six quality hard courts and a fully equipped weights/training room.



#### COMPETITIONS

Students are involved in competitions, including:

- Slazenger Cup and
- Herbert Edwards Cup.
- Match Play Day.
- School Sport WA.



#### **IMPORTANT INFORMATION**

We are proud to offer students the opportunity to pursue their individual interests and strengths through participation in **one of our four** Specialist Programs. The Specialist Programs are timetabled as electives. Queries about the impact of this on student course selection may be discussed with the Deputy Principal.

Please contact Fiona Marrs (T: 9473 4013 or E: <u>JohnForrest.SC.SpecialistPrograms@education.wa.edu.au</u>) to obtain an application form if you are interested in becoming part of the John Forrest Secondary College Specialist Tennis Program. **Applications must be received by Monday 27 May 2024** 



School 2016/2017, 2022





