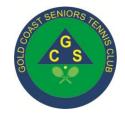# Free Tennis Coaching a Hit!

By courtesy of a Government grant, the Gold Coast Seniors Tennis Club has run a series of free tennis coaching clinics over a period of 8 weeks. These clinics are intended for anyone in the community who may have played tennis in the past and who have ceased playing because of injury or illness and now want to return to the game, and for people who have never played the game and would like to take it up. The Gold Coast Seniors is motivated by encouraging people to get ACTIVE and to have fun by learning to play a game that will not only provide good exercise but also to foster social contacts within the community.

The idea for the clinics (which commenced a few years ago) is the inspiration of Mike Golds the head coach at the Gold Coast Seniors Tennis Club who was able to marshal other professionally qualified coaches so that three concurrent sessions at one-hour intervals could be held on a Sunday morning. Other coaches involved in the program included Tom Morgan, Rowan Hollonds, Nathan Peach and Wendy Gilchrist.

These clinics have proved very popular and were quickly booked out. While the participants have a long way to go to become Wimbledon Champions, they have at least started down the path of becoming ACTIVE in a sport while establishing new contacts and friends and having fun. They are encouraged to continue to develop their game by participating in organised social tennis (Mike Golds will organise) and, maybe, moving up to competitive tennis. Several players who came through previous clinics have developed their skills sufficiently for them to compete in organised fixtures at the Club. Mike can be contacted on (07) 5572 3422 or call in and talk to him at the Gold Coast Seniors, 24 Pizzey Drive, Mermaid Waters.

Gold Coast Seniors is grateful to the Qld Government, Sport & Recreation, Active Inclusion program for making it possible to hold these clinics.

These are some of the ACTIVE participants

The Three ~~Stooges~~ Coaches

Signing up for a lesson