

# Community Open Day Activities

We know tennis is a great sport, but it's time to encourage the rest of the community to get involved with some new and creative initiatives to entice people to their local club.

This section includes a range of ideas for your Community Open Day, but we encourage you to get creative and come up with even more ideas of your own.



## COACHING PROGRAMS

### ANZ Tennis Hot Shots

[ANZ Tennis Hot Shots](#) is a great way to get children playing tennis and having fun.

First, check if your resident coach is a registered ANZ Tennis Hot Shots deliverer

- ❖ Our coach **is** a registered ANZ Tennis Hot Shots deliverer
  - Ask your coach to run ANZ Tennis Hot Shots activities on the day. This is a good way to recruit new participants to deliver the program and get their tennis career started!
- ❖ Our coach **is not** a registered ANZ Tennis Hot Shots deliverer
  - Encourage your coach to sign up to [ANZ Tennis Hot Shots](#) OR
  - If your coach does not want to be involved, register your club to the program via [Community Play](#)
- ❖ We do not have a resident coach
  - Register your club to deliver the program via [Community Play](#)

### Target Audience

Children aged 5-12

### Resources & Equipment

- ❖ ANZ Tennis Hot Shots deliverer
- ❖ ANZ Tennis Hot Shots equipment

Clubs can 'trial' ANZ Tennis Hot Shots as part of their Community Open Day. To borrow an equipment pack contact Tennis West.

### Volunteers required

As a guide, plan for one supervisor for every 10 children. Children can play on half a court using five mini nets.

### Fitbit Cardio Tennis

[Fitbit Cardio Tennis](#) is fun, social and designed to increase fitness. The best thing about Fitbit Cardio Tennis is you don't have to be a good tennis player to get involved.

First, check if your resident coach is a registered Fitbit Cardio Tennis deliverer.

- ❖ Our coach **is** a registered Fitbit Cardio Tennis deliverer
  - Ask your coach to run Fitbit Cardio Tennis classes on the day. This is a great way to recruit new participants to the program.
- ❖ Our coach **is not** a registered Fitbit Cardio Tennis deliverer
  - Encourage your coach to sign up to run [Fitbit Cardio Tennis](#)

### Target Audience

Young adults (16 to 29 years) and parents of young families (30 to 44 years) are the key markets most likely to take up Fitbit Cardio Tennis. It's an ideal program to attract new players to the sport and entice former players to return.

### Resources & Equipment

- ❖ Fitbit Cardio Tennis deliverer
- ❖ Fitbit Cardio Tennis equipment
- ❖ Sound system

Clubs can 'trial' Fitbit Cardio Tennis as part of their Community Open Day only with a Tennis Australia qualified coach.

# Community Open Day Activities

## Free coaching sessions

The aim of these sessions is to provide a fun and enjoyable experience to all the participants, introducing players to basic tennis skills with an emphasis on fun rally games should be a primary objective. Your club coach will have ideas and resources to conduct these sessions. If you are relying on volunteers, please refer to the following Tennis Australia links that provide helpful hints to assist you in conducting your sessions.

[ANZ Tennis Hot Shots tips](#)

[Improve your tennis strokes](#)

### Target Audience

Focus on beginners

### Resources & Equipment

- ❖ A coach or experienced club volunteers
- ❖ Racquets and tennis balls
- ❖ Targets and cones to use on court
- ❖ Coaching brochures or information to hand out following each clinic/lesson

## ACTIVITIES

### Hit The Target

There are lots of ways to get involved in Hit the target and all of them are great fun!

- ❖ Hit the target off a serve, volley, smash or ground stroke
- ❖ Make it as easy or as difficult as you like by varying the size of the target and/or distance to the target
- ❖ Give away lots of prizes. For example, if a person hits a can of tennis balls they keep it.

### Target Audience

Everyone!

### Resources & Equipment

- ❖ Racquets and tennis balls
- ❖ Targets
- ❖ Prizes

### Volunteers required

One volunteer to supervise the activity and hand out prizes.

## Speed Serve

A fun activity that allows people to compare the speed of their serve to:

- ❖ Sam Groth = 263.4 km/h at Busan Open Challenger 2012, fastest ever recorded
- ❖ Andy Roddick = 249 km/h at Davis Cup 2014
- ❖ Roger Federer = 225.3 km/h at Halle Open 2010
- ❖ Venus Williams = 207.6 km/h at US Open 2007
- ❖ Serena Williams = 206 km/h at Australian Open 2013

There's an easy option to add a competitive element to this challenge but if you do, create categories so its fun and fair for everyone

- ❖ Fastest junior boy
- ❖ Fastest junior girl
- ❖ Fastest male
- ❖ Fastest female

### Target Audience

Everyone!

### Resources & Equipment

- ❖ Speed radar – contact Tennis West to see if you can borrow a radar gun
- ❖ Prizes (if applicable)
- ❖ Racquet and tennis balls

### Volunteers required

One volunteer to supervise the activity and record results.

## Return the coach's serve

Have fun and challenge people to 'show-up' the coach or club champ!

To add a competition element incorporate a Hit the target competition.

### Target Audience

Everyone!

### Resources & Equipment

- ❖ Coach or top club player
- ❖ Racquets and tennis balls
- ❖ Prizes

# Community Open Day Activities

## Ball Machine

Hitting against a machine shooting out tennis balls can be a real novelty and a lot of fun.

### Target Audience

Everyone!

### Resources & Equipment

- ❖ Ball machine
- ❖ Targets (if applicable)
- ❖ Extension lead/access to electricity source
- ❖ Racquets and tennis balls

### Volunteers required

One volunteer to supervise and feed tennis balls into the machine.

## Kids' activities

Make the day fun and colourful with kids' activities to keep children entertained while their parents are on court.

### Colouring in and activities

- ❖ Why not engage local students in a colouring competition at their school? Displaying entries around the clubhouse and announcing a winner on the day will encourage children and their families to attend.

### Face painting / Balloon modelling

Ask around for volunteers – you never know, one of your club members may have a secret skill.

### Target Audience

Children

### Resources & Equipment

- ❖ Colouring sheets and pencils
- ❖ Pins or blu-tack to display colouring competition entries
- ❖ Prizes (if applicable)
- ❖ Balloons and facepaint

### Volunteers required

One volunteer for face painting or balloon modelling.  
One volunteer to coordinate colouring in.



## PLAY & SOCIAL

### Free Play

A good chance for visitors to practice the skills they have learnt or simply enjoy a social hit at a time that suits them. If people arrive alone or don't have a hitting partner, encourage your members to join in a hit.

### Target Audience

Everyone!

### Volunteers required

One volunteer to supervise court use and coordinate hitting partners.

### Exhibition match

Organise a match that will encourage spectators and maybe even the local media to come along. How about:

- ❖ A school teacher challenge, to encourage school children to attend and watch their teachers in action
- ❖ A local football coach challenge, to encourage families of the football club to attend
- ❖ A well-known local figure, such as the town mayor

### Target Audience

Local media and the community.

### Resources & Equipment

Courts, racquets and balls should be provided.

### Volunteers required

One volunteer to source players and organise the match.



# Community Open Day Activities

## BBQ

Hold a barbecue to encourage people to stay around and socialise, either for free or as a fundraiser for the club or a local charity.

Set up an area that's a nice environment for people to sit, socialise and enjoy the club atmosphere.

*Prior to organising a barbecue or any other activity involving the sale or handing of food, it is important your club is aware of and complies with all relevant food safety regulations and standards. In most circumstances you will be required to notify your local Council that you will be selling/handling food. You may also require Council approval to sell and/or give away food at your club. Make sure you contact your local Council to find out about your responsibilities well in advance of your event to ensure your club complies with all relevant requirements.*

### Resources & Equipment

- ❖ Barbecue and cooking equipment
- ❖ Sausages, bread, sauces etc
- ❖ Serviettes and aprons
- ❖ Cash kitty (if applicable)

### Volunteers required

One or two volunteers to cook and clean the barbecue.

## A few extra ideas to enhance your day...

### Music

Playing music will help create a fun atmosphere. Keep in mind the content (be family friendly) and be mindful of your neighbours. If you're not sure about the volume at which you can play music, contact your local Council for advice.

### Mobile Food & Coffee Vans

Consider contacting a mobile food or coffee van to attend. Usually this is at no cost, as visitors pay for their purchases, but is a way to keep attendees at the club for longer whilst child is playing tennis.

### Prize draws

Conduct a prize draw every hour to encourage participants to stay.

### Fundraising raffle

Generate interest off-court by running a raffle to raise funds for your club or a local charity.

### Point of difference

How will your club members and volunteers stand out from the crowd? It might be as simple as asking people to wear their club shirt, or dress in the same colour shirt on the day.

