



Congratulations on achieving MLC Tennis Hot Shots Green!

I am able to:

- perform shoulder turn, circular swing on groundstrokes and consistency in contact
- serve into the service box from the baseline
- rally with a partner for 20 shots on a full court
- readily adapt my strokes and court positioning in response to my opponents actions
- utilise my strengths and exploit the opponent's weaknesses
- apply tactics in all game situations
- display respect for coaches, officials and other players.

Club / Venue:

Coach:



Associate
Sponsors



Australian Government
Australian Sports Commission



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