

2014 SWAS Tennis Calendar

**All SWAS events are compulsory, SWAS uniform to be worn at all events and training.
Phone 03 5564 8567 or 0400 076 469 (or reply to communications) with a valid reason by one week prior.
Apologies for non-attendance may be approved.
Diaries to be filled out daily/weekly.**

Month	Who	Event Type	Time	Venue	Coach	Accomm
February	All	Athlete Services Supervised Gym Sessions One session per week	4:00 - 5:15pm	Monday: Portland & Casterton Gym Tuesday: Hamilton (HILAC) Wednesday: SW TAFE Gym Friday: Terang Sport & Rec Centre	trainer at each venue	
3 February	Current Athletes	Supervised Gym sessions recommence	4:00 - 5:15pm	NB: Diary and uniform essential	trainer at each venue	
16 February	New Athletes (optional for existing athletes)	Induction Day Musculo Skeletal Screening and Fitness Testing	1:00 - 5:00pm	SWAS HQ SW Tafe, Warrnambool	Ann Sissons Kathryn Clare Robbie Webb	
23 February	All	Coaching	10.00 - 4.00pm	Warrnambol Lawn Tennis Club	Doug Hill	
March	All	Athlete Services Supervised Gym Sessions One session per week	4:00 - 5:15pm	Monday: Portland & Casterton Gym Tuesday: Hamilton (HILAC) Wednesday: SW TAFE Gym Friday: Terang Sport & Rec Centre	trainer at each venue	
17-21 March	All	Fitness Testing Week	4:00 - 5:15 pm	Local gym	Kathryn Clare local trainer	
17-21 March	Athletes coaches parents	ACCE Session (following gym training)	5:30 - 7:00pm	Local gym or TBA	TBA	
29-30th March	All	Association and Regional Teams Challenge	All Day	Shepparton Tennis Centre	Doug Hill & Personal	
April	All	Athlete Services Supervised Gym Sessions One session per week	4:00 - 5:15pm	Monday: Portland & Casterton Gym Tuesday: Hamilton (HILAC) Wednesday: SW TAFE Gym Friday: Terang Sport & Rec Centre	trainer at each venue	

10 - 13 April	All	Warrnambool Indoor Junior Hardcourt Championships	All Day	Warrnambool Indoor Tennis Centre	Personal & SWAS	
May	All	Athlete Services Supervised Gym Sessions One session per week	4:00 - 5:15pm	Monday: Portland & Casterton Gym Tuesday: Hamilton (HILAC) Wednesday: SW TAFE Gym Friday: Terang Sport & Rec Centre	trainer at each venue	
18 May	All	Coaching	10.00 - 4.00pm	Warrnambool Lawn Tennis Club	Doug Hill	
June	All	Athlete Services Supervised Gym Sessions One session per week	4:00 - 5:15pm	Monday: Portland & Casterton Gym Tuesday: Hamilton (HILAC) Wednesday: SW TAFE Gym Friday: Terang Sport & Rec Centre	trainer at each venue	
16-20 June	All	Fitness Testing Week	4:00 - 5:15 pm	Local gym	Kathryn Clare local trainer	
16-20 June	Athletes coaches parents	ACCE Session (following gym training)	5:30 - 7:00pm	Local gym or TBA	TBA	
July	All	Athlete Services Supervised Gym Sessions One session per week	4:00 - 5:15pm	Monday: Portland & Casterton Gym Tuesday: Hamilton (HILAC) Wednesday: SW TAFE Gym Friday: Terang Sport & Rec Centre	trainer at each venue	
7th - 11th July	All	Tennis World Junior Tournament	All Day	Tennis World	Doug Hill & Personal	
6 - 10 July	All	Warrnambool Winter Junior Championship and AMT	All Day	Warrnambool Indoor Tennis Centre	Personal & SWAS	
27 July	New Athletes	Induction Day new and existing athletes: MS Screening and Fitness Testing to be completed	1:00 - 5:00pm	SWAS HQ SW Tafe, Warrnambool	Kathryn Clare Ann Sissons	
August	All	Athlete Services Supervised Gym Sessions One session per week	4:00 - 5:15pm	Monday: Portland & Casterton Gym Tuesday: Hamilton (HILAC) Wednesday: SW TAFE Gym Friday: Terang Sport & Rec Centre	trainer at each venue	
24 August	All	Coaching	10.00 - 4.00pm	Warrnambool Lawn Tennis Club	Doug Hill	

25-29 August	All	Fitness Testing Week	4:00 - 5:15 pm	Local gym	Kathryn Clare local trainer	
25-29 August	Athletes coaches parents	SWAS Expo Week: Around SW Shires	5:30 -7:00pm	Local gym or TBA	TBA	
September	All	Athlete Services Supervised Gym Sessions One session per week	4:00 - 5:15pm	Monday: Portland & Casterton Gym Tuesday: Hamilton (HILAC) Wednesday: SW TAFE Gym Friday: Terang Sport & Rec Centre	trainer at each venue	
3 September	All	SWAS Annual General Meeting	6:00PM	South West Tafe, Warrnambool	Mark Taylor, <i>SWAS chairman</i>	
24 - 28 September	All	Bendigo Junior Open & Association Championships	All Day	Bendigo Tennis Association	Doug Hill & Personal	
October	All	Athlete Services Supervised Gym Sessions One session per week	4:00 - 5:15pm	Monday: Portland & Casterton Gym Tuesday: Hamilton (HILAC) Wednesday: SW TAFE Gym Friday: Terang Sport & Rec Centre	trainer at each venue	
November	All	Athlete Services Supervised Gym Sessions One session per week	4:00 - 5:15pm	Monday: Portland & Casterton Gym Tuesday: Hamilton (HILAC) Wednesday: SW TAFE Gym Friday: Terang Sport & Rec Centre	trainer at each venue	
30 November	All	Coaching	9.00 - 2.00pm	Warrnambool Lawn Tennis Club	Doug Hill	
30 November	Athletes coaches parents	SWAS Awards and Achievement Day	2:00 - 5:00pm	South West Tafe Warrnambool, Family and Coaches welcome	Kathryn Clare	
December	All	Athlete Services Supervised Gym Sessions One session per week	4:00 - 5:15pm	Monday: Portland & Casterton Gym Tuesday: Hamilton (HILAC) Wednesday: SW TAFE Gym Friday: Terang Sport & Rec Centre	trainer at each venue	
1 - 5 December	All	Fitness Testing Week	4:00 - 5:15 pm	Local gym	Kathryn Clare local trainer	

8 - 12 December (end of supervised gym sessions)	All	Athlete Services Supervised Gym Sessions One session per week	4:00 - 5:15pm	Monday: Portland & Casterton Gym Tuesday: Hamilton (HILAC) Wednesday: SW TAFE Gym Friday: Terang Sport & Rec Centre	trainer at each venue	
27 - 31 December	All	Warrnambool Sungold Grasscourt Tournament	All Day	Warrnambool Lawn Tennis Club	TBA personal	

Month	Sport	Event Type	Details	Time	Venue	Coach
2014 SWAS TENNIS SWAS Activities Calendar						
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