

LIFETIME ACADEMY PROGRAMS



2024

ACHIEVE YOUR TENNIS DREAM



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AMBIWERRA TENNIS CENTRE, CORINDA



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INTRODUCTION TO LIFETIME TENNIS

For over four decades, LifeTime Tennis has been dedicated to providing exceptional tennis programs for players who aspire to reach the professional level or secure a college scholarship in the United States. With a team of experienced and passionate coaches, we have a proven track record of developing some of Australia's finest players.

LifeTime is widely recognized as one of Australia's premier tennis academies, having trained renowned players such as Pat Rafter, John Millman, Jason Kubler, Oliver Anderson, Naiktha Bains, and many others who have achieved world rankings.

We possess the knowledge and expertise to give players the best possible chance of realizing their tennis goals. This year, with the leadership of Marc, Graeme, Michael, and Jack, we are confident in delivering the most exceptional program available.

Our coaching team has been honored with Tennis QLD's Coaching Excellence Award for four consecutive years from 2014 to 2017. Additionally, Graeme Brimblecombe was awarded Tennis Australia's Development Coach of the Year in 2014 and was a finalist again in 2017.

Throughout the years, we have observed that players who have excelled at the highest level share common traits. Our collective experiences and unique team allow us to teach players what other academies cannot, enabling our players to achieve what others cannot.

We extend our gratitude to those returning from 2023 and warmly welcome newcomers to explore our Academy. We sincerely hope to have the opportunity to assist you in reaching your tennis goals in 2024 and beyond.

To showcase what sets us apart and help you make the best program choice, we offer a complimentary trial lesson in all our squad programs. Upon completion of the trial, our coaching team will provide a personalized recommendation on the most suitable sessions and program for you.

While we strive to be flexible, it is important to note that our programs are tailored to playing level rather than age. Based on the player's current level, we will make our recommendation accordingly.

Please read carefully for your training day / time as there are slight changes with limited availability.

We look forward to seeing you on the court at one of LifeTime's exceptional centers soon.

Directors

Marc Svenson & Graeme Brimblecombe

M. Svenson *G. Brimblecombe*



LIFETIME TENNIS ACADEMY

LifeTime Tennis programs are the gold standard by which all others are measured. With over 40 years of experience, LifeTime Tennis has constantly refined its training methodology to empower tennis players and unleash their full potential through a comprehensive approach that encompasses technical, tactical, physical, and mental training components. We firmly believe that to excel in tennis, one must first strive to be an exceptional individual.

Our primary focus is on nurturing players to become respectful, resilient, and fiercely competitive athletes. We then ensure that they become the best versions of themselves on and off the court. Through a range of specialized off-court sessions, our players are guided by seasoned and professional sports scientists.

Moreover, we are home to one of Australia's most exceptional coaching teams, led by Directors Graeme Brimblecome and Marc Svenson, who boast years of experience and a track record of success in working with high-performance tennis players. Supported by our performance Head Coaches Michael McGlinchey and Jack Moore, we provide players with the ultimate opportunity to turn their tennis dreams into reality.

Who is the Pro Tennis Program for?

Our Pro Tennis programs are specifically designed to assist aspiring tennis players in honing their skills for long-term success. These programs are not intended for individuals who only wish to play tennis socially or for school teams. They are tailored to players who actively participate in tournaments and strive to enhance their UTR or ITF rankings. If you have aspirations of obtaining a US College Scholarship or pursuing a professional tennis career, then our program is precisely what you need!

Pro Tennis Programs for 2024

This year, we have taken a proactive approach to our Pro Tennis training squads by dividing them into three distinct categories. Our primary motivation behind this decision is twofold. Firstly, we want to guarantee that our players train with others who possess a similar skill level. Secondly, we aim to involve our highly experienced and top-performing coaches in the development of all our players.

To achieve this, we have organized our players into three UTR (Universal Tennis Rating) **levels: 0 - 4, 4 - 7, and 7+**. By grouping players according to their UTR levels, we can provide targeted sessions that cater to the specific needs and abilities of each category. Our ultimate goal is to create a training program that offers flexibility in options while upholding strict standards of quality control and structure.

To learn more about the available sessions for each category and to access session details, please refer to the information provided below.

PATHWAY AND CRITERIA

Welcome to the LifeTime Tennis Academy pathway, where we firmly believe in the incredible power of dedication, discipline, and personal development. Our unique philosophy centers around cultivating a holistic approach to tennis training, ensuring that our athletes not only shine on the court but also flourish as individuals.

By emphasizing technical excellence, strategic thinking, and mental resilience, our aim is to empower our players to unlock their true potential. With a winning combination of top-notch coaching, state-of-the-art facilities, and a vibrant community, we have created an environment that ignites greatness. Whether you're a young, ambitious player or a seasoned professional, LifeTime Tennis Academy provides the perfect platform for you to thrive.

Join us today and experience the transformative power of our philosophy, where every swing, every step, and every match becomes an extraordinary opportunity to unleash your full potential.

In order to accurately place players in the appropriate groups, we offer a complimentary trial lesson. This invaluable opportunity allows our experienced coaching team to spend quality time with each player, carefully assessing their skills and determining which sessions and programs will be the perfect fit for them.

To join our Academy Programs, we have certain criteria that must be met. This includes actively participating in regular tournaments, having a UTR ranking for effective segmentation, and most importantly, understanding that our dedicated coaching team is committed to helping you achieve your goals as a tennis player. In return, we expect nothing less than your utmost dedication and respect.

All players after trial must meet with the Director of Tennis during a suitable time, this program is not for everyone and we want to ensure that we give our players the best possible experience.

Let us guide you towards success on the tennis court and beyond, as we work together to unlock your true potential.



TOURNAMENT TOURS AND SUPPORT

This year, we are taking our efforts in the performance space to new heights by offering a wide range of tournament tours and support to players. Some of these opportunities will be paid, while others will be completely free of charge. We firmly believe that it is essential for coaches to witness players in the heat of battle, as that is when we can truly identify what is working and what needs improvement!

In the upcoming weeks, we will provide registered players with a carefully curated tournament calendar, tailored to their needs. Additionally, we will be showcasing a list of tournament tours that we plan to embark on. These incredible opportunities are available for athletes of all levels, starting with ITF tours, JT tours, and even some green ball events.

Stay tuned for what lies ahead! Keep your eyes peeled for the amazing experiences to come.



PRO TENNIS UTR 0 - 4

Session Length: Immerse yourself in a 2.25-hour experience, including 45 minutes of invigorating fitness activities. **Players MUST attend a minimum of 2 weekly squad sessions.**

What to expect?

Set your goals and track your progress with our specialized training diaries.

Enhance your flexibility and mobility through stretching and movement exercises, while also honing your speed, agility, and skill.

Refine your technique with a targeted hit-up routine that focuses on adjusting your form.

Challenge yourself both physically and mentally with on-court drilling, designed to test your abilities under pressure.

Engage in exhilarating point play and wrap up the session with a rejuvenating warm down, all while documenting your journey in training diaries.

Pricing and Fees

Our pricing structure is based on a minimum commitment of two weekly sessions, with payments conveniently debited fortnightly.

Academy athletes must be members of LifeTime Tennis. Monthly membership of \$28 / Month. This gives discounting on privates, camps, pro shop, restrings and insurance benefits.

Available Training UTR 0 - 4 Athletes	
Monday	4:30 - 6:45 pm
Wednesday	4:30 - 6:45 pm
Friday	3:45 - 6:00 pm
Saturday	8:00 - 10:15 am

135 Minute Lesson - Pro Tennis 0 - 4 (Must be a member)
2 Squads Weekly - \$130 / WK \$260 Fortnightly Direct Debit
3 Squads Weekly - \$183 / WK \$366 Fortnightly Direct Debit
4 Squads Weekly - \$228 / WK \$456 Fortnightly Direct Debit
5 Squads Weekly - \$266 / WK \$532 Fortnightly Direct Debit

*Memberships = please refer to page 8

PRO TENNIS UTR 4 - 7

Session Length: Immerse yourself in a 2.25-hour experience, including 45 minutes of invigorating fitness activities. **Players MUST attend a minimum of 2 weekly squad sessions.**

What to expect?

Set your goals and track your progress with our specialized training diaries.

Enhance your flexibility and mobility through stretching and movement exercises, while also honing your speed, agility, and skill.

Refine your technique with a targeted hit-up routine that focuses on adjusting your form.

Challenge yourself both physically and mentally with on-court drilling, designed to test your abilities under pressure.

Engage in exhilarating point play and wrap up the session with a rejuvenating warm down, all while documenting your journey in training diaries.

Pricing and Fees

Our pricing structure is based on a minimum commitment of two weekly sessions, with payments conveniently debited fortnightly.

Academy athletes must be members of LifeTime Tennis. Monthly membership of \$28 / Month. This gives discounting on privates, camps, pro shop, restrings and insurance benefits.

Available Training UTR 4 - 7 Athletes	
Monday	3:45 - 6 pm
Tuesday	6:15 - 7:45 am (UQ) 3:45 - 6 pm (Ambi)
Wednesday	3:45 - 6 pm
Thursday	6:15 - 7:45 am (UQ) 3:45 - 6 pm (Ambi)

135 Minute Lesson - Pro Tennis 4 - 7 (Ambi PM Sessions)
2 Squads Weekly - \$130 / WK \$260 Fortnightly Direct Debit
3 Squads Weekly - \$183 / WK \$366 Fortnightly Direct Debit
4 Squads Weekly - \$228 / WK \$456 Fortnightly Direct Debit
5 Squads Weekly - \$266 / WK \$532 Fortnightly Direct Debit
UQ Squads are charged at \$50 per squad (no additional discount) Can mix & match

*Memberships = please refer to page 8

PRO TENNIS UTR 7+

Session Length: Immerse yourself in a 2.75-hour experience, including 60 minutes of invigorating fitness activities. **Players MUST attend a minimum of 2 weekly squad sessions.**

What to expect?

Set your goals and track your progress with our specialized training diaries.

Enhance your flexibility and mobility through stretching and movement exercises, while also honing your speed, agility, and skill. Refine your technique with a targeted hit-up routine that focuses on adjusting your form.

Challenge yourself both physically and mentally with on-court drilling, designed to test your abilities under pressure.

Engage in exhilarating point play and wrap up the session with a rejuvenating warm down, all while documenting your journey in training diaries.

Pricing and Fees

Our pricing structure is based on a minimum commitment of two weekly sessions, with payments conveniently debited fortnightly.

Academy athletes must be members of LifeTime Tennis. Monthly membership of \$28 / Month. This gives discounting on privates, camps, pro shop, restrings and insurance benefits.

Available Training UTR 7+ Athletes	
Monday	6:15 - 7:45 am (UQ)
Tuesday	4:15 - 7:00 pm (Ambi)
Wednesday	6:15 - 7:45 am (UQ)
Thursday	4:15 - 7:00 pm (Ambi)
Friday	6:15 - 7:45 am (UQ) 4:15 - 7 pm (Ambi)

165 Minute Lesson - Pro Tennis 7+ (Ambi PM Sessions)
2 Squads Weekly - \$140 / WK \$280 Fortnightly Direct Debit
3 Squads Weekly - \$198 / WK \$396 Fortnightly Direct Debit
4 Squads Weekly - \$248 / WK \$496 Fortnightly Direct Debit
5 Squads Weekly - \$291 / WK \$582 Fortnightly Direct Debit
UQ Squads are charged at \$50 per squad (no additional discount) Can mix & match

*Memberships = please refer to page 8

PROGRAMS EXPLAINED | MEMBERSHIP BENEFITS

To be awarded the full discount we recommend all players sign up for Premium Memberships.

WHAT DO YOU RECEIVE?

As a Premium Member, you unlock a range of exclusive benefits and privileges:

- Tennis QLD Insurance and Membership, ensuring you are covered and eligible for tournament entry with your My Tennis ID renewal.
- Discounted rates on Holiday Clinic, Private Lessons
- **FREE Daytime Court Hire for up to 90 minutes** per day / 25% OFF Night Court Hire.
- Receive 15% OFF Pro Shop Equipment and member rate restringing services.
- Family Membership is available for up to 4 immediate family members

Premium Memberships	
Single Member	\$28 / Month
Family Membership 2+ immediate family	\$56 / Month

Please note:

- Our membership is similar to gym memberships, and therefore cannot be shared between multiple players or family members. Each individual must have their own membership to enjoy the exclusive discounts.
- To book your Free Day Time court, simply log in as a player.
- Parents, please remember that players are the members, and any inquiries or issues should be directed towards them.

We understand that occasionally, there may be difficulties in booking a court. If you require assistance or have any common questions, please [click here](#) for our support resources.

HOLIDAY CLINIC

Make the most of your school holiday breaks with LifeTime Tennis' Performance Tennis Clinics, offering half day training options. We understand the importance of additional court time during school holidays, as it often leads to significant improvements in players' games.

Our Tennis Clinics are available throughout all school holidays, excluding public holidays.



PHYSIO / STRENGTH AND CONDITIONING

Through our partnership with Ignite Physical Performance, LifeTime Tennis is dedicated to developing athletic and resilient tennis players. Our program is designed to be consistent, progressive, and disciplined, following the best practice management.

We value hard work, dedication, and young athletes who strive to become exceptional individuals. In addition to our group programs at LifeTime, team Ignite also offers private 1-on-1 or group training sessions.

Website: <https://www.ignitepp.com.au/>



LINDSAY TRIGAR PHYSIOTHERAPY

Sherwood Districts AFC, 41 Chelmer Street East, Physio

537 Boundary Street, Spring Hill (Located at Lindsay Trigar Physiotherapy)

Website: <https://www.lindsaytrigar.com.au/>

PRO TENNIS SQUADS PAYMENT METHODS | POLICIES

Minimum of 2 Weekly Squad Sessions

To be a Pro Tennis Academy athlete (Orange / Yellow ball squads), players must attend a minimum of 2 Pro Tennis squad or Pro Tennis Development Squad sessions each week.

Why? There is no shortcut for volume of time on court. We do not believe that by seeing a player only once a week we can make a real difference to their tennis.

The Pro Tennis Academy is all about making a difference to players. We have decided not to accept players who cannot commit to more than one session per week.

We understand that the above can be a sticking point for some players and we acknowledge that our programs are not for everyone, it is a very strong policy of ours and to remain consistent we will not be able to make allowances.

We have a structured discount available to assist players attending more sessions and for players with siblings who are also registered.

FEES AND DIRECT DEBIT

Direct Debit Only

No AmEx (Master card, Visa, Cheque or Savings available)

Our office does not issue invoices for squad lessons rather our year runs to the public-school terms. You will be direct debited the agreed amount every 2 weeks during school term only. This will remain unchanged until the end of Term 4 2024 unless you wish to make changes. You will not be billed over the holiday periods. When you first sign up our admin team will send you an email with Term 1 ~ Term 4 break down of charge dates. Please read carefully and understand the term dates, charge dates and book your make up before the end of each term.

If you attend additional sessions above the paid and agreed amount, our team will reconcile at the end of each term and send an email detailing additional sessions and charges.

Important: You can find all account and billing information online under your account. As such LifeTime does not issue statements and you will be able to view all the needed information online. Please contact the office if you are unsure or require technical support.

MAKE UP LESSONS

Players must complete registered sessions by the end of each term.

No credit applies for any missed sessions which include rain / public holidays, this also includes competing in tournaments during the school term.

We ask you to contact the office to book your missed sessions including rain days and public holidays, it is up to you to complete all registered sessions by the end of each term.

It is important that players attend lessons to improve, we want to make a difference with players and expect a level of commitment from them.

If you feel that you would not be able to prioritize your tennis training at LifeTime Tennis first, please reconsider signing up to LifeTime Academy Squads as they are programs which require a high level of commitment.

While we do our best to be fair. Make ups should not be seen as a given. Please check your calendar and work out what days you will be absent, and we can help you book for early make ups if the spots are free in the right session. Please help us by letting our team know as early as you can and put your tennis first where possible.

1. Make-up lessons cannot be rolled over from term to term.
2. Make up squads cannot be used for Holiday Tennis Clinics
3. Make ups cannot be traded for any other service (privates, Restrings etc.)
4. Term 4 make ups must be completed in term 4. Remaining will be missed.

Sign Waiver

It is important that you sign the 2024 waiver before commencing our program. This is a way of us knowing that you have read the important information and are happy to continue with registration. We value transparency and want everyone to be on the same page.

Once the waiver is signed and you have agreed to the direct debit schedule your registration will be complete.

After completion of registration, you will receive a **FREE LifeTime training shirt** per calendar year + training diary in 2024.

Also if you have been with LifeTime Tennis for more than 12 months and have not collected your **FREE Training bag** please see our admin team. Bags are limited, while stock is available (1 per player / not per year).

PRIVATE LESSON PAYMENT METHODS | POLICIES

Maximum of 1 Private in Peak Time

In line with our philosophy of squads taking priority in the development of players over private lessons, we continue to only allow a maximum of 1 private per player in peak times.

Peak times are 3:45 - 7:45 PM Monday - Friday.

Players are encouraged to communicate with your private coach and arrange lessons on weekends, during school hours or before school when available.

Prerequisite for Private Lessons

Our performance coaching team prioritizes Academy players. We require that players attend a minimum of two squads weekly to be eligible for a private lesson with performance coaches.

Performance Coaches Available

Marc Svenson | Graeme Brimblecombe | Michael McGlinchey | Darren Verrall | David Glinster

Other Coaches Available

David Osborne | Callum Rees | Ethan Gunn | Billy Bougoure | Baxter Bloore

Fee Charges / Credits / Accounts for Privates

Direct Debit Only

Private lessons charges are separate to squad charges, private lessons are charged every night from the payment method on the player's file.

An email receipt will be sent once the payment has been processed.

Private lessons are only charged after the completion of the lesson. We DO NOT charge prior to the lesson.

Late cancel

If you cancel your lesson with less than 6 hours notice, there will be a charge of 50% of the lesson value. This will help to cover the cost of the coach's time.

If you would like a private lesson in 2024 and were not attending private lessons in 2023 please [click here](#) to submit your request.

2024 PRICE SERVICE PRICING LIST (all prices include GST)

***effective from Mon 22nd of January 2024**

135 Minute Lesson - Pro Tennis 0 - 7 (Ambi PM Sessions)
2 Squads Weekly - \$130 / WK \$260 Fortnightly Direct Debit
3 Squads Weekly - \$183 / WK \$366 Fortnightly Direct Debit
4 Squads Weekly - \$228 / WK \$456 Fortnightly Direct Debit
5 Squads Weekly - \$266 / WK \$532 Fortnightly Direct Debit
UQ Squads are charged at \$50 per squad (no additional discount) Can mix & match

165 Minute Lesson - Pro Tennis 7+ (Ambi PM Sessions)
2 Squads Weekly - \$140 / WK \$280 Fortnightly Direct Debit
3 Squads Weekly - \$198 / WK \$396 Fortnightly Direct Debit
4 Squads Weekly - \$248 / WK \$496 Fortnightly Direct Debit
5 Squads Weekly - \$291 / WK \$582 Fortnightly Direct Debit
UQ Squads are charged at \$50 per squad (no additional discount) Can mix & match

Performance Coach Private Lesson		
	Non-Member	Premium Member
60 mins	\$120.00	\$108.00
45 mins	\$96.50	\$86.00
30 mins	\$69.00	\$62.00

Coach Private Lesson		
	Non-Member	Premium Member
60 mins	\$82.00	\$74
45 mins	\$65	\$58.50
30 mins	\$47.50	\$42.75

2024 LESSON AND DIRECT DEBIT SCHEDULE

Week 1 DD	Week 2	Week 3 DD	Week 4	Week 5 DD	Week 6	Week 7 DD	Week 8
22/01 - 28/01	29/01 - 04/02	05/02 - 11/02	12/02 - 18/02	19/02 - 25/02	26/02 - 03/03	04/03 - 10/03	11/03 - 17/03
Week 9 DD	Week 10	Week 11	Week 12	Week 13 DD	Week 14	Week 15 DD	Week 16
18/03 - 24/03	25/03 - 31/03	01/04 - 07/04	08/04 - 14/04	15/04 - 21/04	22/04 - 28/04	29/04 - 05/05	06/05 - 12/05
Week 17 DD	Week 18	Week 19 DD	Week 20	Week 21 DD	Week 22	Week 23	Week 24
13/05 - 19/05	20/05 - 26/05	27/05 - 02/06	03/06 - 09/06	10/06 - 16/06	17/06 - 23/06	24/06 - 30/06	01/07 - 07/07
Week 25 DD	Week 26	Week 27 DD	Week 28	Week 29 DD	Week 30	Week 31 DD	Week 32
08/07 - 14/07	15/07 - 21/07	22/07 - 28/07	29/07 - 04/08	05/08 - 11/08	12/08 - 18/08	19/08 - 25/08	26/08 - 01/09
Week 33 DD	Week 34	Week 35	Week 36	Week 37 DD	Week 38	Week 39 DD	Week 40
02/09 - 08/09	09/09 - 15/09	16/09 - 22/09	23/09 - 29/09	30/09 - 06/10	07/10 - 13/10	14/10 - 20/10	21/10 - 27/10
Week 41 DD	Week 42	Week 43 DD	Week 44	Week 45 DD	Week 46	Week 47	Week 48
28/10 - 03/11	04/11 - 10/11	11/11 - 17/11	18/11 - 24/11	25/11 - 01/12	02/12 - 8/12	09/12 - 15/12	16/12 - 22/12

Direct Debit Week = (written in Yellow “DD”) | **Holiday Week** = **No Charges**

Term Dates 2024 and Public Holidays (No Lessons on Public Holidays)

Term 1 - Monday 22/01 ~ Thursday 28/03 (10 weeks)

- Friday 26/01 – Australia Day

Term 2 – Monday 15/04 ~ Friday 21/06 (10 weeks)

- Thursday 25/04 - Anzac Day
- Monday 06/05 - Labour Day

Term 3 - Monday 08/07 ~ Friday 13/09 (10 weeks)

- Wednesday 14/08 - Ekka Day

Term 4 - Monday 30/09 ~ Friday 06/12 (10 weeks)

- Monday 07/10 - Kings Birthday

***Public schools run 11 weeks in Term 4, LifeTime will be 10 weeks in Term 4, 2024**

WEEKEND MAKE UP LESSONS

There will be weekend make ups available for the above public holidays. Players can also attend additional / different days then their normal schedule to catch up. Additional Make Up lessons will be offered pending on weather and other events which occur throughout the year. These sessions will be released closer to the date of the make-up.

CONCLUSION | SOCIAL MEDIA & COMMUNICATION

Please use our website and support desk

We do our best to provide players and parents with the most up to date news, invitations to events and specials. To avoid missing out we recommend to check email / ask the admin team if you don't receive e-newsletters.

Email

Please make sure you let our office know if your email address requires updating. If you do not receive our e-newsletter once a month, please check with the admin team.

Website

We endeavor to update the website with all information for online bookings including holiday clinics. You can always log into your mindbody online account via the website.

Social media - instagram / facebook / X

<https://www.facebook.com/lifetime.tennis.1>

<https://www.instagram.com/lifetimetennis/>

https://twitter.com/LifeTime_Tennis

FAQ and support

We have spent a lot of time creating a very useful support base online which players and parents can always access to find answers to our most common questions. Information on using mindbody, make ups, lesson dates etc can all be found on this. Check it out now.

On our website – www.lifetimetennis.com.au > [Go to Support](#).

Rain day communication

In the event of rain please check X (ex Twitter). We do our best to hold sessions whenever possible. We will not make a decision more than 60 mins prior to the start time unless weather conditions are extremely obvious and set in.

Canceling lessons during 2024

We require 2 weeks notice to stop lessons / membership.

Please email admin@lifetimetennis.com.au when you wish to stop the lesson and membership.

Not returning 2024?

[Please use this form](#) to let us know that you wish not to return in 2024 so that the admin team can cancel your membership and other required details. We hope you enjoyed the squads in 2023 and wish you all the best in future.

Thank you for taking the time to read through our 2024 Documentation.

Please sign the 2024 waiver to complete the registration process. If you have any questions, please do not hesitate to ask our friendly team.

Thank you for reading and bring on 2024!
LifeTime Tennis Brisbane West Pty Ltd