

Charissa Balman

Charissa is a top professional tennis coach from Johannesburg, registered with TSA. Her combined experience as a top player and 33 years' experience as a professional tennis coach make a winning combination.

Charissa has a brilliant career record. Her exceptional talents as a junior player led her straight to professional tennis in 1981 and 1982. Thereafter, she was awarded tennis scholarships to Midland College and California State University, Los Angeles respectively. She graduated with a BA Physical Education and returned to South Africa where she became the resident professional tennis coach at Parkview Tennis Club.

Charissa founded Challenger Tennis Academy in 1989 and was head coach until 1998 when she moved to Cape Town with her family. She is widely respected as a coach and also directed Mini Tennis SA in 1992.

Charissa coached the Western Province U10/12 boys' and girls' provincial squads. She was the chairperson for the Western Province Tennis Coaches Association.

Charissa is a keen runner and the founding member of Satori Athletic Club.

Charissa has headed up and coached the SACS Tennis Academy since 2001, and the Kirstenhof Primary School Tennis Academy since 2016.

Charissa heads up a practice, iEvolve and is a Recovery Life Coach and Trauma facilitator.



TERM 2 2020



Wilson.

Our brand of choice is Wilson and all children require their own tennis rackets.

RACKET SIZES

Gr R	= 21' to 23'
Gr 1 – 2	= 23'
Gr 3 – 4	= 23' to 25'
Gr 5 – 7	= 26' to full size

Please complete your form and email it to
satoris.cb@gmail.com
by Monday 6 April 2020 to ensure your place.

Soussanna Coxen

Soussanna is a qualified professional tennis coach with Tennis South Africa. In 1983-1995 she coached at the Armenian National Tennis Academy, coaching the Armenian National Team and accompanied players to international tournaments.

Soussanna coaches the Western Province u12 girls' and boys' provincial squads. She has her own school and coaches many junior players.

In 1978 she received a Master of Sport - USSR and in 1979 she qualified with a degree in Physical Culture and Sport.

Soussanna has coached and been involved with the SACS Tennis Academy since 2001.

Soussanna has a passion for the game and has produced some outstanding players who have gone on to play at an international level. She is a committed member of our tennis academies and is well liked by all our students. We are fortunate to have her share her expertise.

Neill Brigg

Neill is a qualified Play and Stay Tennis Coach with Tennis South Africa.

Neill grew up in England in his primary school years and moved to South Africa in his high school years attending Wynberg Boys High School and matriculating in 2012 from Bergville High School where he was awarded full colors for tennis.

Neill has a great track record on the soccer field and a passion for the game.

In 2014, Neill received a Fitness Diploma in Sports conditioning, personal training and coaching at ETA.

In 2014 Neill worked at Virgin Active Steenberg as a Fitness Instructor

In 2015 Neill joined the Tim Armstrong School of Tennis where he was involved in building up many programs coaching beginners and intermediate players.

We are delighted to have Neill join us in 2020 and looking forward to his contribution and his passion in teaching our youngsters.

Yolisa Phambaniso

Yolisa is in the process of becoming a tennis instructor. In 2019, Yolisa received an invite from TSA to join the BNP Paribas Mentorship program where he is currently being trained to become a National tennis pro. He joined our program in 2017 as an apprentice and he has been working closely with our team. Yolisa is well liked and is a dynamic and enthusiastic young coach. Selected to play for WP in the U19B squad. He played in the first tennis team at Groote Schuur High School and took part in local provincial tournaments. He is currently studying Business Practices and Principles at Varsity College.

Yolisa has been involved with the SACS Tennis Academy and Kirstenhof Tennis Academy since 2017. We are delighted to have Yolisa be part of our program and coaching team.



Charissa Balman is delighted to be associated with SACS. She will be offering a dynamic tennis coaching program at your school. Charissa is a professional tennis coach with SA Tennis Coaches Association and comes with an enormous amount of experience. She will coach all levels of players and offer the highest standard of professional tennis coaching.

Charissa will be assisted with some of the coaching and will be working with Soussanna Coxson, Neill Briggs, Laura Le Sueur and Yolisa Phambaniso all qualified and sought after coaches, Please see coaches profiles. Coaching sessions will consist of:

- fitness
- ball skills
- "play and stay"
- technical instruction
- fun
- stroke correction
- drills and games
- "reach for the stars"
- match play strategy
- a love for the game

All coaching takes place at SACS Junior School. Groups are limited to ensure improvement and individual attention. The cost of coaching is R650.00 Gr R & R850.00 per term for Gr 1-7's per pupil and guarantees **six to eight lessons**. For other lessons offered please call Charissa on 074 190-7535. We would like to see you at the SACS Tennis Academy, so please complete your form and return it to me by email at satoris.cb@gmail.com by **Monday 6 April 2020** to ensure your place.

Grade R	Wednesday or Thursday	12h45 – 13h30
Grade 1	Thursday	13h30 – 14h30
Grade 2	Wednesday	13h30 – 14h30
Grade 3 - 7	Wednesday or Thursday	15h00 – 16h00
Grade 3 - 7	Friday	12h45 – 13h45

Gr R - 7 Wednesday lessons 8 April 2020 – 27 May 2020
 Thursday lessons 9 April 2020 – 28 May 2020
 Grade 3 - 7 Friday lessons 3 April 2020 – 5 June 2020



Registration Form – Term 2 2020

Please register as soon as possible as classes are limited to ensure a good, well balanced coaching session.

Pupil's Name: _____
 Date of birth: _____
 Grade: _____
 Day/Time Attending: _____
 Parent's name: _____
 Contact tel. number: _____
 E-mail address: _____

Payment Options and Terms

All fees must be paid in advance and are to accompany this registration form. Payment must be made by EFT. Please email registration form to satoris.cb@gmail.com.

Banking Details: C. Balman First National Bank Fish Hoek
 Branch Code: 250655 Current account number: 62301873065

Options

Gr R

- Registration Form and full payment for **R650.00** is enclosed
- Registration Form and half payment for R325.00 is enclosed with EFT confirmation and the R325.00 will be made a month later.

Options

Gr 1 – 7's

- Registration Form and full payment for **R850.00** is enclosed
- Registration Form and half payment for R425.00 is enclosed with EFT confirmation and the R425.00 will be made a month later.

Terms

- One term's written notice is required should a pupil want to withdraw from coaching, Fees are payable in full.
 - In the case of absences fees are non- refundable and there are no make up lessons.
 - It is the responsibility of each player to attend their session at the scheduled time.
- I agree to abide by these terms and conditions.

Parent's signature.....