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Let's play!!

35+ Seniors Tennis in Australia

Join seniors tennis today!
For further information
regarding seniors tennis including
contact details please visit:

www.tennisseniors.org.au

Tennis Seniors ACT
www.tennisseniors.org.au/act

Tennis Seniors NSW
www.tennisseniors.org.au/nsw

Tennis Seniors NT
www.tennis.com.au/tenniseniorsnt

Tennis Seniors Queensland
www.tennisseniors.org.au/qld

The Tennis Seniors Association of SA Inc
www.tennisseniors.org.au/sa

Tennis Seniors Tasmania
www.tennis.com.au/tas/competitions/35-seniors

Tennis Seniors Victoria
www.tennisseniorsvictoria.com.au

Tennis Seniors WA
www.tennis.com.au/seniorswa



**Tennis
a game
for life!!**

www.tennisseniors.org.au

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Welcome to the world of 35+ seniors tennis, where the mission is to increase the playing opportunities and social interaction for tennis players of all standards that are aged 35 and over.

Age is no barrier

Seniors tennis in Australia is booming. Seniors play for the love of the game, the enjoyment of the social life and the healthy lifestyle they maintain by participating. With today's hectic lifestyle and interest in personal wellbeing and fitness, seniors tennis offers a healthy, safe physical activity while providing the opportunity to meet others with similar aspirations and needs.

“There are only two prime requirements – to be 35 or over, and play tennis!!”



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Tennis Seniors Australia (TSA) is the national body that, in conjunction with Tennis Australia, provides overall policy and direction for the development of seniors tennis at all levels. In addition, TSA liaises with the International Tennis Federation on rules and regulations as they affect seniors tennis, and selects teams in varying age groups to represent Australia in world teams championships.

Seniors tennis can be divided into three key categories:

Social

Most states have informal and fun orientated days, where camaraderie and social interaction take precedence over competition and results. Round robin style formats are played at various venues and are often followed by barbeques and relaxed get-togethers.

Competition

Competitive events usually include men's, women's and mixed doubles formats played in the evenings or on weekends. Teams events are organised in some states, where again, the spirit of fun and companionship are as important as the competition and results.

For the more serious competitor, the 35+ seniors calendar presents many opportunities to test one's skills and stamina against like opponents of the same age. There are officially sanctioned seniors tournaments played in many centres across Australia.

Representation

Represent your state in the annual Australian Championships played in a different major centre each year. The first week takes the form of a teams event and is doubles only while the individual championships are held in the second week. And for the top players, there is the opportunity to be selected to represent Australia in the ITF's world team championships held in different countries around the world each year.

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