South Africa Tennis Coaching

Visit South Africa, a "Rainbow Nation" that combines modern culture with an ancient landscape that is simply breathtaking. South Africa has evolved over thousands of years to become the biologically and culturally diverse nation that it is today and attracts thousands of visitors a year to its wide, sandy beaches, cosmopolitan cities and, of course, its famous wildlife and game reserves.

Tennis has a global tradition of being a sport associated with people from wealthy and affluent backgrounds and while South Africa has had many top players over the years, including Wayne Ferreira, David Adams and Wesley Moodie, none have come from the poorer areas and townships. There is a clear talent and passion for the sport amongst young people in the schools and townships of South Africa yet, sadly, very little infrastructure is in place to allow these tennis enthusiasts to develop in the game. However, through our tennis coaching placement you will work alongside local organisations supported by the Roger Federer Foundation to give a number of youth athletes the chance to develop and enjoy South African tennis.

PROJECT HIGHLIGHTS

- Become a coach, mentor and friend to disadvantaged children
- Discover the Rainbow Nation
- Make lifelong friends

PROJECT REQUIREMENTS

- Minimum age of 17 years

FAST FACTS

<table>
<thead>
<tr>
<th>Location</th>
<th>Port Elizabeth, South Africa</th>
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<tbody>
<tr>
<td>Activities</td>
<td>Practice sessions &amp; coaching</td>
</tr>
<tr>
<td></td>
<td>Competitive matches</td>
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<tr>
<td></td>
<td>Coaching individuals</td>
</tr>
<tr>
<td>Transport</td>
<td>Airport pick-up &amp; drop-off</td>
</tr>
<tr>
<td>Accommodation</td>
<td>Shared volunteer house</td>
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</tbody>
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WHAT DOES THE PROJECT DO?

We welcome sports volunteers who enjoy playing or coaching tennis, be it socially with friends, representing your school, club or university team or even as far as holding coaching qualifications. However, the emphasis is not on developing Africa's next big tennis star, but on getting alongside
youth players from disadvantaged backgrounds and building friendships whilst sharing a common experience. It is from here that you will start to give passionate tennis players the chance to play the sport they love in an organised and fun environment.

During your tennis placement, you will be under the guidance of our in country team and largely based in the townships and schools that skirt the city of Port Elizabeth. The first stage as a tennis coach is to help organise and run practice sessions and tennis matches for the children, as well as providing them with decent tennis equipment. This will be a great way of forming relationships with your players and also for developing your own confidence as a tennis coach. The second stage will be planning and running tennis tournaments that incorporate both tennis matches and team building activities.

WHAT WILL I BE DOING?

The tennis coaching will mainly involve working with informal township and street leagues, which means there might be a lack of organisation at times. However, so long as you have the ability to accept that things may not always go as planned, this really will be an exciting and rewarding placement. Not only will you be making a real impact on grassroots tennis but you will be working alongside dedicated locals who are supported by the Roger Federer Foundation.

Being a tennis coach in South Africa will mean you are responsible for running and supervising all training and tennis matches for your players. This may sound daunting but you will soon realise that you have an understanding of tennis that the players are desperate to gain. The rewards are great because the raw talent is often there whilst an understanding of the basics are often lacking. You will spend time introducing and developing the fundamentals of the sport, including the technical aspects of serving, overheads, volleying and ground strokes, helping to build your players’ repertoire of shots. You will also work on your players’ general health and fitness, usually in fun, group sessions.

WHAT HAPPENS WHEN I ARRIVE?

On arrival you will be collected from Port Elizabeth airport and taken to your volunteer accommodation where you can settle in. You will then start 3–4 days of orientation where you will be given inductions, various workshops and training and be able to get to know the local staff and your fellow volunteers. Throughout your placement all work related transport is included in your project contribution.

WHERE WILL I BE STAYING?

During this placement you will stay in a comfortable volunteer house with dormitory style rooms and shared toilets and showers. The volunteer house has a great sociable atmosphere with Sky TV and a games room with a pool table and table tennis to enjoy with your fellow volunteers. The accommodation is conveniently located only a ten minute drive away from town or the beach and a shopping centre and various amenities are within walking distance.

WHAT WILL I BE EATING?

Three meals a day are provided on your placement and vegetarians can be catered for if required. There will be breakfast of toast, spreads and cereals, a packed lunch which the volunteers make up themselves and dinner is available in the canteen offering various western style meals such as pasta dishes and burgers and some South African specialities. If you venture to any local cafe or
restaurant, try some of the local cuisine such as biltong and bobotie, a delicious shepherd's pie-style dish, or boerewors, which are handmade farm sausages and very popular with visitors!

### COSTS

<table>
<thead>
<tr>
<th>Duration</th>
<th>Cost</th>
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<tbody>
<tr>
<td>5 weeks</td>
<td>US$ 2,245</td>
</tr>
<tr>
<td>12 weeks</td>
<td>US$ 4,295</td>
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<tr>
<td>Extra week</td>
<td>US$ 345</td>
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### DEPARTURE DATES

Project runs from Saturday to Saturday

**2019**

- 12th January (5-11 weeks)
- 16th February (5-6 weeks)
- 30th March (5-12 weeks)
- 4th May (5-7 Weeks)
- 6th July (5 weeks)
- 17th August (5-12 weeks)
- 21st September (5-7 weeks)

**2020**

- 11th January (5-11 weeks)
- 15th February (5-6 weeks)
- 4th April (5-11 weeks)
- 9th May (5-6 Weeks)
- 4th July (5 weeks)
- 15th August (5-12 weeks)
- 19th September (5-7 weeks)

### DURATION

5 - 12 weeks

### WHAT'S INCLUDED

**Before you go**

- Pre-departure support & documentation
- Travel & medical advice & documentation
- Equipment advice
- Discounted medical kit
- Free Frontier t-shirt
In-country

- Food
- Accommodation
- Airport pick-up & drop-off
- Project orientation & induction
- Project-related transport
- In-country emergency support
- 24 hour international HQ backup

AIRPORT INFORMATION

Nearest airport(s): Port Elizabeth (PLZ)

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.