



*30+ Seniors Tennis  
in Australia*



**TENNIS: A GAME FOR LIFE!**  
Visit [tenniseniors.org.au](http://tenniseniors.org.au)



*Welcome to the World of 30+ Seniors Tennis, where the mission is to increase the playing opportunities and social interaction for tennis players of all standards that are aged 30 and over.*

## **AGE IS NO BARRIER**

Senior 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.

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.

***“There are only two prime requirements - to be 30 or over, and play tennis!”***

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. Team 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 30+ seniors calendar presents many opportunities to test ones skills and stamina against like opponents of the same age. There are officially sanctioned seniors tournaments played in many centres across Australia.

## **REPRESENTATION**

### **NATIONAL REPRESENTATION**

Each year teams are selected to represent Australia at the ITF World Championships (which are held throughout many countries across the world). Ages start at 30+ and teams are in additional 5 year age groups up to 90+ years of age. There are three divisions of the champions starting with the Young Seniors (30+ to 45+), Seniors (50+ to 60+) and Super Seniors (65+ to 90+). Teams are selected based on various results of previous ITF tournaments and head to heads, to name a few.

### **STATE REPRESENTATION**

TSA also hold an Australian Carnival every year, rotating throughout all states each year. The carnival consists of a team's week where players of all standards come together to represent their state against all other Australian states. Players come together for men and women's teams which can consist of up to 7 players. Ages start at 30+ and are graded on age and standard



## JOIN SENIORS TENNIS TODAY!

For further information regarding seniors tennis including contact details please visit: [tenniseniors.org.au](http://tenniseniors.org.au)

**Tennis Seniors ACT**  
[tenniseniors.org.au/act](http://tenniseniors.org.au/act)

**Tennis Seniors NSW**  
[tenniseniors.org.au/nsw](http://tenniseniors.org.au/nsw)

**Tennis Seniors NT**  
[tenniseniors.org.au/nt](http://tenniseniors.org.au/nt)

**Tennis Seniors Queensland**  
[tenniseniors.org.au/qld](http://tenniseniors.org.au/qld)

**Tennis Seniors Tasmania**  
[tenniseniors.org.au/tas](http://tenniseniors.org.au/tas)

**Tennis Seniors Victoria**  
[tenniseniorsvic.org.au](http://tenniseniorsvic.org.au)

**Tennis Seniors WA**  
[play.tenniseniorswa](http://play.tenniseniorswa)

**The Tennis Seniors Association of SA Inc**  
[play.tennis.com.au/TennisSeniorsSA](http://play.tennis.com.au/TennisSeniorsSA)