



# Australian Open Research Resource

The Australian Open is the first of Grand Slam tennis events of the year.



Conduct some of your own research in order to answer the questions below.

Who are the favourites (Men and Women's Singles)?



Who has won the most Championships (Men and Women's Singles)?



What type of court is used in the tournament?  
How does this compare to the other Grand Slams?



Describe 'iconic' 3 moments from the event.



What benefits does hosting the annual tournament provide Melbourne?



Evaluate the suitability of the following training methods for a Tennis player.  
Rank each method from 1-10 and give reasons for your answer.

- Circuit Training
- Continuous Training
- Fartlek Training
- Interval Training
- Plyometrics Training
- Weight Training
- Stretching