

Coaching Programme Explained

- All equipment is provided. However, supplies of rackets are limited, so if you have your own racket, please bring it along.

- Clubhouse with changing facilities will be open.

- Coaching sessions will run in all weathers - every attempt is made to make courts playable, even in extreme weather. However, if the courts are still deemed too dangerous for play, groups will be notified by email with as much notice as is possible and 'no play' notices will be attached to the gate on courts 1-2. With the winters seeming to be turning more harsh expect to lose 2 sessions during the winter.

- Players must commit to the full course in each case other than for individual lessons, Saturdays 'Matchplay & Training' sessions and adult groups

- There are 3 coaching group levels:

- (1) All abilities (new to tennis and above)
- (2) Intermediate + (previous coaching/ consistently rally and serve)
- (3) Invitation squads (players in a team or aiming for team selection)

- Multi Sessions

With more than 1 coach running these sessions, groups will be split according to ability level.

- Competition Weeks

In order to meet LTA targets on the number of Regular Competing Juniors (RCJs), that is, players playing 6 or more matches per year, we'll be running 3 competition weeks each term. All results will be submitted to the LTA to go towards improving each player's rating.

- Mondays Jan-Mar 2012

If your lessons run on a Monday you'll be 1 lesson down with the term starting on a Tuesday. Please join in another session during any of the weeks of term to make up for the lost session.