



JUNIOR TENNIS COACHING

SPRING INTO SUMMER 2019

Damian Curtis

SATURDAY MORNING COURSES

6,13 Apr - (No 20th as Easter) then 27th Apr -15th Jun 2019

GROUP COACHING

- ❖ **'Improver Tennis' (A) 9:00am – 9:55am**
(Ages 11-16 approx)
Variations of Techniques, tactics, tennis games, drills & matchplay
- ❖ **'Starter Tennis' (B) 10:00am –10.55am**
(Ages 10 – 13 approx)
Basic Techniques & Tactics, Games, Practices & Fun Match Play
- ❖ **'Mini Green' / Orange (C) 11:00am-11:55am**
(Ages 8 – 11 approx)
Basic Techniques, Games, Practices & Fun Match Play
- ❖ **'Mini Red 1 / 2 (D) 12:00am -12:55am**
(Ages 4 -8 approx) **Coordination, movement, 'Ball, Body, Bat' Skills, Practices, Games and Fun Competition**

- Non Members are also very welcome to join the lessons
- Late joiners can pay pro-rata for the rest of a course.
- Places will be reserved on a first come first served basis.
- Cost for the 10 week course = Members £60, Non-members £70
- To reserve your place, please call or text Charles on 07768125685.
- For any other information on courses or individual lessons contact
- Damian on 07821 187889 or Charles on 07768 125685

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CHARLES APPLEWHAITE

Chester LTC Coach. LTA/USPTA Pro Coach.

Course Descriptions*

<p>A. Improver Tennis (Ages 11-16 yrs approx.)</p>	<p>Developing Techniques and Variations, Tactics, Games, Drills, Singles and Doubles Matchplay.</p>
<p>B. Starter Tennis (Ages 10-13 yrs approx.)</p>	<p>Basic Techniques and Skills, Games, Practices, Rules, Singles and Doubles Matchplay.</p>
<p>C. Mini Tennis Green/ Orange (Ages 8-11yrs approx.)</p>	<p>Basic Techniques and Skills, Games, Practices, Rules, Singles and Doubles Matchplay</p>
<p>D. Mini Red 1 / 2 (Ages 4-8 yrs approx.)</p>	<p>Coordination, Movement, 'Ball, Body & Racket' Skills. Practices, Games and Fun Competition.</p>

*Players placed in the groups above will be selected mainly on ability not just on age.

For further information

Please call or text Charles on: 07768125685 (m) or charlesapplewhaite@gmail.com

