



# ADULT TENNIS COACHING

## SUMMER 2019

### Bradley Keenan

#### SUNDAY MORNING COURSES

**23 June - August 3 (7 weeks) plus 8 - 22 Sept (3 weeks)**  
**Total 10 weeks with an August break)**

<b><u>Starters/Rusty</u></b> <b><u>Rackets D</u></b> 9-9:55am	Basic Skills/Techniques, Drills & Matchplay
<b><u>Improver C</u></b> 10-10.55am	Improver Skills/Techniques & Matchplay
<b><u>Intermediate B</u></b> 11-11.55am	Intermediate Skills/Techniques/Drills & Matchplay
<b><u>Starters/Rusty</u></b> <b><u>Rackets D</u></b> 12pm-12.55pm	Basic Skills/Techniques/Drills & Matchplay
<ul style="list-style-type: none"><li>• Non-members are also very welcome to join the lessons</li><li>• Late joiners can pay pro rata</li><li>• Places will be reserved on a first come first served basis</li><li>• Cost - 10 weeks course – Members - £60, Non Members - £70</li><li>• <u>To reserve your place please call or CHARLES on 07768 125685</u></li><li>• For any other info on courses, standards or individual lessons</li><li>• Contact Charles: 07768 125685 or Bradley:07590 996654</li></ul>	

# ADULT TENNIS COACHING

## SUMMER 2019

CHARLES APPLEWHAITE  
Chester LTC Coach. LTA/USPTA Pro Coach.



### Approximate Standards for Groups

<p><b><u>Starters D</u></b> New to the game</p> <p><b><u>Rusty Rackets D</u></b></p>	<p>Beginner – Not played before</p> <p>Beginner – Played before infrequently</p> <p>Rusty Rackets/Improver – Played before and out of practice</p> <p>Wants to learn basic techniques and match play tactics</p>
<p><b><u>Improver C</u></b> Plays Social tennis at a basic level</p>	<p>Enjoys competitive play.</p> <p>Wants to improve techniques and basic tactics etc.</p>
<p><b><u>Intermediate B</u></b> Plays Social tennis at a higher level</p>	<p>Wants to learn new techniques and tactics in competitive play.</p> <p>Enjoys tennis drills.</p>
<p><b><u>Competition A</u></b> Team Player</p>	<p>Keen to improve.</p> <p>Requires tactical and drill training, technical variations in competitive play, and improved tennis fitness</p>

