



# JUNIOR TENNIS COACHING

## **Damian Curtis**

### SATURDAY MORNING COURSES

### GROUP COACHING

**22 June - Aug 3 (7 weeks) plus 7 - 21 Sept (3 weeks)**

Total of 10 WEEKS with an August break

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

- 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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## SUMMER 2019

### CHARLES APPLEWHAITE

Chester LTC Coach. LTA/USPTA Pro Coach

# Course Descriptions\*

<p><b>A. Improver Tennis</b> Ages 11-16 yrs approx</p>	<p>Developing Techniques and Variations, Tactics, Games, Drills, Singles and Doubles Matchplay.</p>
<p><b>B. Starter Tennis</b> Ages 10-13 yrs approx</p>	<p>Basic Techniques and Skills, Games, Practices, Rules, Singles and Doubles Matchplay.</p>
<p><b>C. Mini Tennis</b> Green/ Orange Ages 8-11yrs approx</p>	<p>Basic Techniques and Skills, Games, Practices, Rules, Singles and Doubles Matchplay</p>
<p><b>D. Mini Red 1 / 2</b> Ages 4-8 yrs approx</p>	<p>Coordination, Movement, 'Ball, Body &amp; 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](mailto:charlesapplewhaite@gmail.com)