

The Old College Summer Term Coaching Programme for Junior Tennis Players Aged 11 -18

TERM DATES:

Monday 20th of April – Monday 6th July 2009 (10 weeks)

(Half Term break: Saturday 23rd May – Sunday 30th May (incl.)

N.B. NO TENNIS May Day Bank Holiday Monday 4th, session moved to Monday 6th of July

JUNIOR PROGRAM & COST FOR 10 WEEK TERM:

Course title	AGE	Day	Times	Session length	Ratio	Mem	Non Mem
Academy	14-18	Tues & Thurs	17:15-18.45	1.5 hrs	8:1	£130	-
Junior Academy	11-14	Mon & Wed	17:15-18.45	1.5hrs	8:1	£130	-
Group Coaching	14-18	Mon & Wed	17:15-18:30	1.25 hrs	8:1	£70	£85
Group Coaching	11-14	Tues & Thurs	17:15-18:30	1.25 hrs	8:1	£70	£85
Development	14-18	Tues & Thurs	17:15-18:15	1 hr	4:1	£95	£110
Development	11-14	Mon & Wed	17:15-18:15	1 hr	4:1	£95	£110

Deduct 10% of the course fee if your payment reaches me by
The 13th of April

Academy & Junior Academy

Are for good standard players wanting to play tennis to a tournament level, likely to be playing at school and club team standard.

Group Coaching: (Intermediate to Advanced standard)

Is aimed at players who are able to serve and rally fairly consistently, as well as having reasonable command of both topspin and backspin. The course aims are to teach advanced techniques and increase tactical understanding of both singles and doubles play, through games based, basket fed and live ball drills.

Development Coaching: (Beginner to Improver standard)

Is aimed at players who are unable to serve and rally with consistency. The course aims to Improve Technical performance through mainly basket fed drills and games designed to encourage correct technique and an understanding of topspin and backspin.

All sessions will incorporate a warm-up and Games based finish!

If you are a new player or your details have changed please complete all sections otherwise you may just fill in the sections that are marked with an * Thank you!

Please send completed forms with remittance to Jon Modica, 55 Lucas Street, London, SE8 4QH.

One Application Form Per Child Please!

***Name:**.....**Address:**.....

***Email:**.....**Age:**.....**D.O.B:**.....**Telephone no:**.....

***Emergency contact no.:**.....**Previous Experience:**.....

***Any medical conditions we should be aware of:**.....

***Preferred Day**.....I enclose a cheque for £.....made payable to Jon Modica.

If you require any more information please ring Jon Modica (head coach)
07769-747402 or email jon.modica@ntlworld.com