



## **Inchyra Tennis Coaching Programme 20<sup>th</sup> August to 5<sup>th</sup> November**

We are running group coaching sessions at Inchyra Tennis Club from August 2016. The programme has different sessions aimed at developing coaching and play opportunities for children aged 3 to 16 years and adults of all ages and abilities. Sessions are headed up by Head coach Gordon Watson (LTA Level 4 Senior Licensed Performance Coach, First Aid and PVG) and our team of qualified coaches. Early bird price on all courses runs until **Sat 6<sup>th</sup> August**

### **August to November 12 week Programme**

#### **Mondays: 22 Aug to 3 October**

6-730 pm                      Coach led Junior Club night 8-16 years - Free  
730-9 pm                      Coach led Teenage/Adult club night – Free

#### **Tuesdays: 23 Aug to 4 October**

7-9 pm                          Tennis Tuesdays Social night (Ladies and teenage girls) – Free

#### **Wednesdays: 24 Aug to 9 Nov**

4-5 pm                          Mini Red (5-7 years) – Cost £84/Early bird £72  
5-6 pm                          Mini Orange/Green (8-11 years) – Cost £84/Early bird £72  
6-7 pm                          Junior (12-16 years) – Cost £84/Early bird £72  
7-9.30 pm                      Tournament night

#### **Thursdays: 24 Aug to 22 December**

6.30-10pm                      Men's Team practise

#### **Saturdays: 20 Aug to 5 Nov**

9-10 am                          Mini Red (5-7 years) – Cost £84/Early bird £72  
10-11 am                          Mini Orange (8-10 years) – Cost £84/Early bird £72  
11-12 pm                          Mini Green (11-15) – Cost £84/Early bird £72  
12-1.30 pm                      Junior (Junior (13-17 years) – Cost £84/Early bird £72  
1.30 - 4 pm                      Monthly Fun Tournaments for all ages 5-10 years and 11-16 years.

#### **Sundays: 21 Aug to 6 Nov**

2-3 pm                          Mini Red (4-6 years) – Cost £84/Early bird £72  
3-4 pm                          Mini Orange (7-10 years) – Cost £84/Early bird £72  
5-6 pm                          Mini Green (10+) – Cost £84/Early bird £72  
6-7 pm                          Adult Tennis Xpress Coaching (beginner/Improver): on going, call if keen.  
7-830 pm                      Adult Advanced/Team coaching: on going, call if interested.

Please note that all players must be fully paid up members of Inchyra Tennis Club April 2016 to March 2017, to attend coaching, club nights or use courts.

One to one lessons: Can be booked to suit your schedule and court availability.  
Full Racket restringing and re-gripping is available – please drop racket off with coach.

**Teddy Tennis:** A fun introduction to tennis using pictures, movement and sport to make tennis fun for young players. Parental involvement is encouraged when new players are starting out.

**Mini Red:** Aimed at young players 5-7/8 years working on introducing tennis and technique in a simple manner.

**Mini Orange:** (7/8/9 years). We use a smaller  $\frac{3}{4}$  size tennis court with low compression balls.

**Mini Green:** 10-15 years played on a full size tennis court with low compression balls. Great for new players or beginner/improvers

**Junior Tennis:** 13-17 years. Full court and yellow ball

**Adult Tennis Xpress** – a beginner/improver level course for adults looking at getting involved and giving it a go.

**Coach led Junior Club nights** – free drop in sessions for children who can rally and score to get them putting what they are learning into practise. **Coach led Teenage/Adult Club nights** – Free drop in sessions for anyone wanting to mix in and play some fun social tennis.

All coaching sessions work technique, movement, tactical and coordination skills and are age appropriate using the correct equipment and coaching level. Our aim is to make tennis fun and hopefully encourage people to play lots of tennis. This is a fun game for life!

Please complete the attached form and return with remittance ASAP for block to:

Gordon Watson, 2 Campbell Place, Falkirk, FK2 7GQ, Tel 0775 3809 122 or hand back on first session.

**Please retain pages 1 & 2 and return page 3**

Payment info: Please make a Bank transfer to sort code 80-22-60 account 00546406 and quote players name and squad day/time e.g. Andy Murray Sat 9 am

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INCHYRA COACHING AUG TO NOV DETAILS:

Name: \_\_\_\_\_ Junior players Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Post Code: \_\_\_\_\_ Telephone No: \_\_\_\_\_

Email Address \_\_\_\_\_

Course: \_\_\_\_\_ (Day and time)

Paid up member of club 2016/2017: YES / NO

Any special requirements or medical conditions:

Please note that players must be paid members of Inchyra Tennis Club to attend any coaching or play tennis. Players wishing to try a session are very welcome to pay a guest fee to trial a lesson, but will be expected to join if they wish to continue. For info on joining, please go to [www.Totaltenniscoaching.com](http://www.Totaltenniscoaching.com)

Parent Declaration:

I give my permission for my son/daughter to attend the above tennis coaching(s) and will ensure transport to and from the venue. In the unlikely event of serious injury/accident /illness I give my permission for the appropriate procedure to be implemented. I agree to allow group photographs of my son/daughter playing tennis to be taken by the club and used for promotional activities with either local newspaper or our coaching website. If you do not wish your child to be involved with any photo promotion, please put this in writing to Gordon Watson at the above address.

Parent/Guardian signature: \_\_\_\_\_