

**KNUTSFORD TENNIS CLUB
WINTER 2016**

COACHING PROGRAMME

The dark nights have arrived, as has the cold weather, which can mean only one thing – the Winter term is upon us once again.

The term kicks off on Saturday 9 January for 10 weeks. As always, there are plenty of coaching sessions for our junior players after school and on a Saturday, plus adult opportunities for coaching, drills and social games most evenings.

Details on the coaching timetable are available overleaf, so if you are interested then please sign up as soon as possible.

I look forward to seeing you all on the courts.



**Mark Airey, Head Coach KTC
and Director of Tennis Aces Ltd**
CCA, Senior Club Coach Level 4,
LTA licensed and CRB checked.

Tel: 07787 510702
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Mereheath Lane
Knutsford WA16 6SZ



INFORMATION ON COACHING GROUPS

JUNIORS

PRE-MINI RED: 4-5 yr olds (school year 1)

Emphasis on the fundamental skills such as movement and co-ordination. Performed on a smaller sized tennis court that goes across the width of a normal tennis court.

MINI RED: 6-8 yr olds (school year 2 & 3)

Emphasis on the fundamental skills such as movement, co-ordination and a technical introduction to rallying. Played on a smaller sized court that goes across the width of a normal tennis court.

MINI ORANGE: age 9 & under (school year 4)

Introducing children to playing on a 3/4 length tennis court, learning the basic tennis shots and having fun playing the game.

MINI GREEN: age 10 & under (school year 5)

The final stage before moving to a yellow ball, learning good technique using mini-tennis green balls which bounce lower than normal tennis balls, thus improving consistency.

MIXED DEVELOPMENT

For children at an improver level stage, improving technique and matchplay.

GIRLS' DEVELOPMENT

For girls to improve their technique and matchplay.

MEMBER ONLY INVITATION SQUAD

Intensive coaching for children at a competition level, developing technical, tactical, physical and mental skills.

ADULTS

CARDIO-TENNIS

Endurance fitness and tennis-related footwork session with continuous basket drilling. Focusing more on cardiovascular fitness and less on technique and tactics.

LADIES' MORNINGS

90 minutes of coaching and social play.

PRICES

	MEMBERS	NON-MEMBERS
PRE-MINI RED	£45	£50
MINI RED	£45	£50
MINI ORANGE/GREEN	£50	£60
MIXED DEVELOPMENT	£50	£60
GIRLS DEVELOPMENT	£50	£60
JUNIOR INVITATION SQUAD	PRICE ON INVITATION	
ADULT CARDIO	£55	£65
LADIES' MORNINGS	£65	£75

DAY	TIME	SESSION
Monday	5.30pm - 6.30pm 6.30pm - 7.30pm 7.30pm - 8.30pm	Junior invitation-only squad Girls' only squad 11-15yr olds Adult cardio tennis
Tuesday	4.00pm - 4.45pm 4.45pm - 5.45pm 6.00pm - 7.00pm 7.00pm - 9.00pm	Pre-mini red / Mini red (school years 1, 2 & 3) Junior invitation-only squad Junior invitation-only squad Adult members club night
Wednesday	4.00pm - 4.45pm 4.45pm - 5.45pm 4.45pm - 5.45pm 5.45pm - 6.45pm 6.45pm - 7.45pm	Pre-mini red / Mini red (school years 1, 2 & 3) Mini orange (school year 4) Mini green (school year 5) Mixed Development (school year 6) Junior invitation-only squad
Thursday	9.30am - 11.00am 6.30pm - 8.30pm	Ladies' morning Adult club night (pay-as-you-play for non-members)
Friday	4.30pm - 6.00pm 6.00pm - 7.30pm	Junior members club night (primary school yrs 4-6)* Junior members club night (secondary school years)*
Saturday	9.00am - 9.45am 9.45am - 10.30am 10.30am - 11.30am 11.30am - 12.30am 12.30am - 1.30pm	Pre-mini red (school year 1) Mini red (school year 2 & 3) Mini orange (school year 4) Mini green (school year 5) Mixed development (school year 6-8)

*Junior members club night is a fun night and not specific coaching

WINTER 2016 COACHING BOOKING FORM

Name [1] _____ Age _____ KTC member ☐ yes ☐ no
 Course one: day _____ time _____ Course two: day _____ time _____

Name [2] _____ Age _____ KTC member ☐ yes ☐ no
 Course one: day _____ time _____ Course two: day _____ time _____

Address _____

Tel no: _____ Emergency no: _____

Email: _____

Payment methods (please tick relevant box)

Please return this form with a ☐ cheque payable to Tennis Aces Ltd to the address overleaf.

Alternatively, return this form to the address overleaf but pay by ☐ online transfer to: Barclays: sort code 20-53-77, account number 63423875.

Please enter your name as a reference when making payment.

Medical

Is your child allergic to plasters? Yes/No
 If necessary, can we put a plaster on? Yes/No
 Any other medical condition such as asthma etc?

Become a member of Knutsford Tennis Club and get...



- priority booking
- a discounted rate on courses
- the chance to play on our courts outside the coaching times
- junior and adult club nights
- family membership
- social activities
- club tournaments
- entry to the Wimbledon ticket ballot

For further information contact Sally Hughes,
Membership Secretary, on 07595 317008 or email:
membership@knutsfordtennisclub.org.uk

Please return your booking form and payment to:

Mark Airey

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- Aegon National Coach of the Month (November 2013)
- Cheshire Development Coach of the Year (2013)
- Cheshire Sports Award 2013 for sports excellence for the benefit of the community

