

September –October 2011

New Programme for 2011!

Sunday Morning Tennis Programme:

Course	Start Date	Age	Time	Duration	Fees	
					Block	Weekly
Mini Tennis Red	Sun 11th Sept	5-8yrs	9am-9:45am	6 Sessions	£15 / £21*	£3 / £4*
Mini Tennis Orange	Sun 11th Sept	8-9yrs	9:45-10:30am	6 Sessions	£15 / £21*	£3 / £4*
Mini Tennis Green	Sun 11th Sept	9-11yrs	10:30-11:15am	6 Sessions	£15 / £21*	£3 / £4*
Junior Beginner & Intermediates	Sun 11th Sept	11yrs+	11:15-12:15pm	6 Sessions	£18 / £24*	£4 / £5*

Private Coaching: (please contact coach for times available)

Coach	Ad-Hoc/One-off Lessons			Block of 6 Sessions		
	1 Hour	45min	30min	6 x 1 Hour	6 x 45min	6 x 30min
Rob Cunningham	£22	£17	£12	£120	£90	£60
Ben Coates	£20	£16	£11	£108	£84	£60
Mark Lewis	£20	£16	£11	£108	£84	£60
Amy Coates	£15	£12	£9	£84	£66	£48

Barry Athletic Sunday Morning Coaching starts back on Sun 11th Sept 2011.

This will also be the last block of Sunday morning coaching for the year. Coaching at Barry Athletic will resume in Spring 2012 (Feb/Mar 2012).

*if not a member of Barry Athletic

Course Details:

(please read before signing up to a course)



Coaching Team - Rob Cunningham (head coach) CCAp & LTA Licenced, Mark Lewis DCA & LTA Licenced, Ben Coates DCA & LTA Licenced and Amy Coates UKCC2 & TCUK member.

Venue - All sessions will take place at Barry Athletic Tennis Club, Paget Rd, Barry, CF62 5TQ

Duration - All courses will run on a weekly basis from the start date for the stated number of weeks.

Cancellations/Refunds - If playing conditions are poor one week you will be contacted by phone/text. If you have not been contacted please turn up. Sessions cancelled will be added on to subsequent weeks after the end of the block.

No refunds are given unless insufficient numbers apply, in which case a full refund will be given.

Equipment - Racquets are available, balls & other equipment are provided. Please wear suitable footwear & clothing for time of year and bring a drink.

By signing you/your child up to a course/session you are accepting our Child Protection Policy and Code of Conduct.

Full details at

www.robthecoach.co.uk/cp.pdf

How to book:

Please fill in the application form below and send it with a cheque for the correct amount payable to Rob Cunningham to:

Rob Cunningham Tennis Services
3 The Glades,
Penarth,
CF64 3AY

For more information contact RobTheCoach:

Mobile: 07909 987359

Email: rob@robthecoach.co.uk

Web: www.robthecoach.co.uk

Discounts!

Join Barry Athletic Tennis Club for members rates on coaching!

See Club Notice Boards for Details

Please cut off reply slip and send to Rob Cunningham (address above, right column)

Name	D.O.B	Course	BTM number	Medical Conditions?	Photo Consent? (circle)	Fee
					Yes / No	
					Yes / No	
					Yes / No	

Address:

Tel:

Mobile:

Email:

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Session Details

Welcome to the start of a New Tennis Programme at Barry Athletic Tennis Club! The Programme has been designed to put the emphasis on playing Tennis! Everything about it has been organised to get people playing tennis more often.

Please read the session descriptions below to find out more about each session.

Mini Tennis Coaching:

Sundays; Red 9am, Orange 9:45am, Green 10:30am, max 12 per group/coach.

The content of each session follows the LTA's Mini Tennis Guidelines. Each session is played on a modified court for that age group, with smaller racquets & softer balls. The session runs through ABCs skills, games & exercises to get the players ready for the full game of tennis!

Mini Tennis Match Play (Red & Orange):

Thurs 4:30-6pm, max 12 players per group/coach.

Each week the session will run players through a warm up and games to get players ready to play points. A Combination of Mini Tennis Matches & Fun Games are played throughout the session. Players are encouraged to sign up to British Tennis so that their results will count towards their Rating.

Junior Coaching & Match Play:

Tues 4:30-6pm, max 12 players per group/coach.

Each week the session will run players through a warm up and games to get players ready to play points. A Combination of Matches & Fun Games are played throughout the session. Players are encouraged to sign up to British Tennis so that their results will count towards their Rating.

Private Coaching:

Possibly the most effective part of the coaching programme for producing results, but possibly the most overlooked. Individual tuition combined with regular play is the ultimate way to improve your game. Sessions can be booked for individual players or for small groups of up to 4 players.

What is BTM?

BTM stands for British Tennis Membership. British Tennis Membership opens the doors to a whole new world of tennis and its FREE to all members of Barry Athletic Tennis Club & all children aged 8&U. With BTM you get Entry into the BTM Wimbledon ballot, An AEGON British Tennis Rating, Discounts & pre-sales on tickets for events, A personalised monthly e-newsletter, Access to an exclusive online members' area and Access to TeamCard - a loyalty points scheme.

To become a member of British Tennis go to www.lta.org.uk/Members/Join/