

February - March 2012

Get Set For Aegon Team Tennis & The Summer Season!

Mini Tennis Programme:

Course	Start Date	Age	Time	Duration	Fees	
					Block	Weekly
Mini Tennis Coaching (Red, Orange & Green)	Tue 21st Feb	4-11yrs	5pm-6pm	6 weeks	£24 / £30*	£5 / £6*
Mini Tennis Club!	Wed 22nd Feb	4-11yrs	4:30-6pm	6 weeks	£30/ £36*	£6 / £7*

Junior Tennis Programme:

Course	Start Date	Age	Time	Duration	Fees	
					Block	Weekly
Junior Coaching & Match Play	Mon 20th Feb	11yrs+	5pm-6:30pm	6 weeks	£36 / £42*	£7 / £8*
Junior Tennis Club!	Thurs 23rd Feb	11yrs+	4:30-6:30pm	6 weeks	£30 / £36*	£6 / £7*
Only Girls Allowed!	Thurs 23rd Feb	12yrs+	6:30-7:30pm	6 weeks	£24 / £30*	£5 / £6*
Teen Performance Squad	Fri 24th Feb	13yrs+	5pm-6:30pm	6 weeks	£36 / £42*	£7 / £8*

Saturday Morning Junior Coaching 'Pay n Play'

Course	Start Date	Age	Time	Duration	Fees	
					Block	Weekly
Tiny Tots	Sat 25th Feb	3-4yrs	9:30-10am	6 weeks	£1 / £2*	(free for members booked on the Junior/Mini Tennis Programme)
Mini Tennis		5-10yrs	10am-11am			
Junior Session		11yrs+	11am-12noon			

Adult Tennis Programme:

Course	Start Date	Age	Time	Duration	Fees	
					Block	Weekly
Ladies Morning Coaching	Mon 20th Feb		10am-11am	6 weeks	£24 / £30*	£5 / £6*
Ladies Morning Doubles Tactics	Fri 24th Feb		10am-11:30am	6 weeks	£36 / £42*	£7 / £8*
Adult Beginners Coaching	Mon 20th Feb	13yrs+	6:30-7:30pm	6 weeks	£24 / £30*	£5 / £6*

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	6 x 1hr sessions in 6 weeks
Rob Cunningham	£22	£17	£12	£120	£90	£60	£100
Simon Clarke	£20	£16	£11	£108	£84	£60	£100

Course Details:

(please read before signing up to a course)

Coaching Team - Rob Cunningham (head coach) CCAp & LTA Licenced, Simon Clarke CC & LTA Licenced, plus qualified assistant coaches & leaders.

Venue - All sessions will take place at Penarth LTC, Rectory Rd, Penarth, CF64 3AN

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 a drink.

By signing up/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 PLTC for members rates on coaching, plus members booked on to the Mini/Junior Programme get The Saturday Morning Sessions Free!

To join visit www.pltc.org.uk

Deduct £6 for each additional Block of sessions a person books on to in each Term!
Including blocks of Individual Lessons!

*if not a member of Penarth LTC

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:

February - March 2012

Session Details

Welcome to the start of a New Tennis Programme at Penarth LTC! 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. The best thing is, the more often you train the better value it is - a Junior/Mini member of PLTC can get 4 hours of training for just £8 per week!

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

Mini/Junior Tennis Club!

Mini's Wed 4:30-6pm, Juniors Thurs 4:30-6:30pm,

For kids that want to play tennis! Come along each week and earn points in our Mini/Junior Tennis Club League. Points are awarded each week for taking part in ball skills activities, games, playing matches and winning matches. Certificates & Prizes will be awarded at the end of each block of sessions to the best boy, best girl & the most improved player. Each session will consist of a fun 15-20min warm-up including lots of active & challenging games. Up to 2 courts will be dedicated to timed match play (results will count towards ratings when possible) with remaining courts used for ball skills & games. The Clubhouse, bar/tuck-shop will be open each session for if/when players need a break &/or refreshment. ***Can't make the whole session? Just turn up for as long as you can and play some Tennis!***

Mini Tennis Coaching (Red, Orange & Green):

Tues 5pm-6pm, max 12 players per group/coach.

Players warm-up together and are then split into their relevant age groups; Mini Tennis Red (8&U), Orange (9&U), or Green (11&U). Suitable for all players from beginners to new competitors. Each group concentrates on skills using the appropriate racquets, balls, and court sizes according to the LTA's Competition Framework.

Junior Coaching & Match Play:

Mon 5pm-6:30pm, max 12 players per group/coach

For Juniors wanting to learn to play the game of tennis. This session will include stroke production, match scenarios and conditioned point play in a competitive environment in order to sharpen each players skills.

Only Girls Allowed!

10-14yr olds Thurs 6:30-7:30pm, max 12 players per group/coach

A Tennis Coaching Session purely for girls! We want you playing more tennis, learning to play the game and enjoying playing matches. So we have set up a session especially for you girls. No boys to put you off or spoil your fun on court!

Teen Performance Squads:

13yrs+, Fri 5pm-6:30pm, max 8 players per squad/coach

These squads are for Juniors who compete on a regular basis. It is recommended that players signing up to these squads are training in more than one session per week (see discounts). Sessions will consist of physical training, advanced tactics & techniques all set within a competitive and challenging environment. Players signing up to these squads are encouraged play at men's/ladies nights and enter competitions outside of the club. Priority booking onto the Performance squads is given to those who compete on a regular basis.

Saturday Morning Mini Tennis:

Tiny Tots 9:30-10am, Mini Tennis 10am-11am, Juniors 11am-12noon

These run on a 'Pay n Play' basis so there's no need to book in advance. The Saturday morning sessions are perfect for new players as they are fun-packed, concentrating on core skills & simple point play.

Ladies Morning Coaching:

Mon Technical Session 10am-11am, Fri Doubles Tactics Session 10am-11:30am, max 12 players per group/coach

These sessions are dedicated to just ladies! Here we will go through a range of different skills, techniques & tactics suitable for beginners to intermediate players. It's a very sociable session and perfect for finding a group of players to practice and play a set with!

Adult Beginner Sessions:

Mon 6:30-7:30pm, max 8 players per group/coach

We teach the basic strokes, tactics and doubles formations making these sessions a perfect way to integrate into the adult section of the club. They are also ideal for players who are blowing the cob webs off their racquet after years of not playing.

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.

Block bookings available -

Blocks of 6 sessions - booked with a coach in advance at mutually convenient times, see opposite page for prices.

6 x 1hr in 6 weeks - to apply for this special discount all 6 one hour sessions must be booked in advance & occur within 6 weeks of the first session. The coach will be there rain or shine. Sessions missed at the player's discretion can be re-scheduled at the coach's convenience. Any sessions still outstanding at the end of the 6 week period will be forfeit.

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 Penarth Lawn 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/