

10 week Spring Coaching Program

Starts 9th January with 5 weeks, then half term, break then 5 weeks

<p>Mini Tennis Red 1 (U8/Yr1,2&3)</p> <p>Mini Tennis Red 2 (U8/Yr2&3)</p> <p>Orange 1 U9/Yr 4</p> <p>Orange 2 (U9/Yr 3&4)</p> <p>Green 1/ U12 (U12/Yr 5&6)</p> <p>Green 2/ U12 (U12/Y5&6)</p>	<p>Start off in Mini Tennis learning basic fundamentals. These sessions will get you playing and improve your skills quickly. These will lead you to the performance based Red 2 groups</p> <p>These are for our more serious red players who want to play at a higher level by training more often and play in competitions and leagues. They will also look to have some one to one coaching</p> <p>Moving to a larger court with slow low compression balls, these sessions will teach you the fundamentals of each shot and basic tactics. They will encourage you to play matches and some competition</p> <p>For our more committed older red players and talented orange players. These sessions are designed to push you to your best level possible. You will work on technique, tactics and physical improvements for your game. We would look for you to be having one to one coaching to further improve your ability and to push you to county training</p> <p>Full court tennis with a higher bouncing low compression ball. These sessions will introduce to higher level technique and tactical awareness. You will be confident to play matches and enter competitions.</p> <p>Building on from Orange 2 you will be taught more tactical and movement skills to enhance your improving technical skills. Entering monthly competitions and improving with one to one sessions is a must at this level</p>
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	Day	Times	Cost/Coach
P&P	Monday	6-7pm	Club
P&P	Saturday	10-11am	Club
	Tuesday	4-5pm	£45 MW
	Thursday	4-5pm	£45 MW
P&P	Monday	6-7pm	Club
P&P	Saturday	10-11am	Club
	Saturday	9-10am	£45 NB
	Thursday	4-5pm	£45 NB
	Monday	4-5pm	£50 UM
	Thursday	4-5pm	£50 NB
	Monday	5-6pm	£50 UM
	Thursday	5-6pm	£50 MW

DTC Club Development Squads

Club Development Squads

Club development squads are for players who want to improve over a longer period and the focus is on enjoying the game, improving the 4 key core shots, serve, return, forehand and backhand. This will be achieved through an open play and a few specific drills approach in a learning together situation.

U12	Monday	5-6pm	£50 UM
U16 +	Wednesday	5.30-7pm	£75 UM
U16 +	Tuesday	6-7pm	£50 MW

DTC Tournament Player Squads

Tournament Player Squads

Tournament player squads are for players who are serious about their tennis. These squads will push you to your physical, mental, tactical and technical boundaries. You will be expected to play Junior Matchplays and compete for your club regularly. You will be having regular one to one sessions with one of the coaching staff to improve your technical ability.

TPS 4	Tuesday	5-7pm	£100 NB
U14	Wednesday	5-7pm	£100 MW
TPS 3	Thursday	5-7pm	£100 NB
U16	Tuesday	7-9pm	£110 NB
TPS 2			
U18			
TPS 1			
U16			

Adult Coaching Squad

New Sessions

Whilst your child is training why not improve your game with a session designed especially to bring your game up to scratch. There will be drills and open play to get you going and help with that fitness.

Drills	Monday	8-9pm	£50 NB
Adult I1	Monday	8-9pm	£50 UM
Adult T1	Thursday	6-7pm	£50 MW
Adult I2	Sunday	2.30-4pm	£7.50pw MW

Information

5% discount for 2 sessions/siblings with payment on registration day.

Registration Day is Thursday 5th January 5-7pm. Download application from www.dunstabletennisclub.com

Payments received after 31st January 2012 **receive a late payment fee of £15** unless agreed with Nick Boys.

Courses may be cancelled if not viable and other times will be offered

Call Nick Boys 07810 832774 for any further information.