

DTC 12 week Autumn Coaching Program

Starts 13th September with half term break

**Mini Tennis
Red 1**
(U8/Yr1,2&3)

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

Day	Times	Cost
Monday	6-7pm	Club
Saturday	10-11am	Club

**Mini Tennis
Red 2**
(U8/Yr2&3)

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

Monday G	5-6pm	£35 NB
Saturday B	9-10am	£35 NB

Orange 1
U9/Yr 4

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

Saturday	10-11am	Club
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Orange 2
(U9/Yr 3&4)

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

Monday	5-6pm	£48 JG
Thursday	5-6pm	£48 SD

Green 1/ U12
(U12/Yr 5&6)

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.

Monday	4-5pm	£48 UM
Thursday	6-7pm	£48 SD

Green 2/ U12
(U12/Y5&6)

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

Monday	5-6pm	£48 UM
Tuesday	5-6pm	£48 JG

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.

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. Your core game will dramatically improve, we will give you a 3 month goal, and you will be equipped to play your best tennis. You will understand your personal strengths and weaknesses and look to make dramatic improvements in both areas.

You will have a fitness plan to work towards within your goals. 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.

U12 Monday 5-6pm £48 UM
U16 + Wednesday 5.30-7pm £72 UM

TPS 4
U14 Tuesday 5-7pm £95 NB

TPS 3
U14 Wednesday 5-7pm £95 NB

TPS 2
U16 Thursday 5-7pm £95 NB

TPS 1
U18 Tuesday 7-8.30pm £80 NB

Information

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

Registration Day is Thursday 9th September 5-7pm. Download application from www.dunstabletennisclub.com

Payments received after **30th September 2010** receive a late payment fee of **£10** 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.