

Dunstable T C Coaching News

Christmas 2012 Edition

The coaches Mark, Ryan, Udev and myself want to wish you a Happy Christmas and New Year. This has been a great term and we thank you all for your hard work on the court.

Christmas Party

Saturday 15th December is the Junior Christmas party from 10-1pm. There will be indoor wii and X box games and laser quest outside. Speak to Tony Sobanja to get involved.

Registration Evening

Thursday Jan 10th at club between **5-7pm**.

Nick and team will be on hand to advise the best groups and private sessions for everyone.

Please call Nick with questions on 07810 832774

The full training schedule is available on the club website at www.dunstablennisclub.com.

Monday Night Winter League

Put all that hard training to great effect this winter by getting involved. (not mini tennis players)

Contact Liz Franklin on 07896 478799 and she will get you playing for the trophy. Can you work out the unique scoring system.

Friday Night Matchplay

Additional competition is available for mini and yellow ball players who want to improve their rating. Contact Udev on 07795 270196.

Competitions at DTC

DTC be running a Grade 4 Open Tournament.

It will run 5-9th August with mini tennis, junior open and veterans events. So put it in your diary early and book it on line early.

Movement and Fitness Sessions

Improve your fitness levels and burn off that christmas excess with Katie's fitness sessions Wednesday evening 730pm and private sessions also available. Call Katie on 07917 150694.

Top Tip from Nick

If you are struggling for regular power on your serve make sure that you have both feet on the ground when you hit the ball, this enables you to push up into the ball with the back foot. Try it out it works

Spring Term

Starts Jan 14th- Feb15th , half term 18th Feb, then back 25th Feb- March 29th.

We have kept costs low as possible for all the training sessions as listed below

Mini £50 1hr £55, 1.5hrs £85 2hrs £110

We will offer discounts for mutliple sessions per week and siblings signed up **at registration only**

Individual Sessions

Make the most of your talent with one to one lessons with one of the coaching team
Nick Boys (Head Coach) - 07810832774

Licensed CCA PTR pro - £25 per hr

Mark Williams - 07837 997523

Licensed DCA PTR Instr - £20 per hr

Udev Makwana - 07795 270196

PTR Assoc - £16 per hr

Ryan Sobanja (Hitting) - 07527 544047

LTA Level 2 - £12 per hr

Adult Sessions

There are several adult sessions throughout the week . These are on Thursday evening 6-7 and 8-9pm and Saturday 1-2, 2-3 and 3-5pm. Please contact Nick for further information and availability as they all cater for varying standards. Parents come and learn the game your children are developing and get fitter at the same time.

Christmas Presents?

Try out a new racket for the new year. Amazing deals with the latest frames from Dunlop and Wilson. Benefits include:

1 - Try before you buy

2 - Rackets are latest models

3 - Swing and style all taken into account