

# Dunstable T C Coaching News

## Christmas 2011 Edition

The coaches John, Mark, Udev and myself want to wish you a Happy Christmas and New Year. We were lucky with the weather this term which enabled huge improvements from all players.

### Christmas Party

Saturday 17th 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.

### Spring Term

Starts Jan 9th-10th Feb, half term 13-17th Feb, then back 20th Feb- March 23rd. We have a spare week at the end if the weather is unkind.

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

**Mini £45 1hr £50, 1.5hrs £75/85 2hrs £100**

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

### Registration Evening

**Thursday Jan 5th** 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.dunstabletennisclub.com](http://www.dunstabletennisclub.com).

### Adult Sessions

#### Calling all Tennis Parents/Adults

Over this term DTC will be running their popular Adult Coaching Groups all are welcome  
Mon-8pm Drills Night 1hr 10wk £50/7.5pw NB  
Mon-8pm Improvers 1hr 10wk £50/7.5pw UM  
Thurs -6pm Tactics 1hr 10wk £50/7.5pw MW  
Sun -230pm Improvers 1.5hrs £7.5 p/w MW

**Come and have some fun on court**

### Hitting Partners

Want to hit with a purpose to practice your key improvements or just for a workout.

Call Nick Boys on 07810 832774 to arrange a quality hit with our new Level 1 coach Ryan Sobanja. £5 for 30mins or £9 for 1Hr.

### Christmas Presents?

Try one of the demo rackets from either Adidas Head or Wilson. Rackets to suit all standards and pursestrings. Try for a week for £5 which is then taken off your purchase price.

Alternatively give a set of 6 lessons for the price of 5 as a great way of developing your tennis.

### Congratulations

Well done Ryan for passing your level 1 award.

### Movement and Fitness Sessions

Katy Stapleton has started fitness and movement sessions in all the Tournaments squads and working with various individual players. If you want to make a difference these sessions will help.

Call Katy on 07917 150694

### Individual Sessions

Make the most of your talent with one to one lessons with one of the coaching team. They will fast track your game and they can give you a 3-6 month plan with fresh ideas from only £16 per hour.

Speak to Nick on 07810 832774 to book.

### Competitions/Camps at DTC

DTC be running a Grade 4 Open Tournament. It will run July 30th -3rd August for all levels.

Don't forget about Friday Night Matchplays, speak to Udev on 07795 270196 to get involved.

### Late Payment

Any coaching fee received after 31st Jan will be subject to a **£15** late payment fee. To avoid this please come to registration on 5th Jan.

### Seasons Greetings from Florida

Ian Haigs who is in Florida for until June 2012 sends everyone at the club his very best for the holidays.