

TENNIS COACHING AT EPSOM LTC

SPRING TERM 2008

7th January - 29th March

(excludes half-term 18th - 24th February)

Sign Up - Please sign up by 24th December.

Player Discount - Any player can choose to attend a 2nd coaching session each week for 1/2 price.

Family Discount - For families who have 3 or 4 kids receiving coaching, the 3rd and 4th children (i.e. youngest ones) are at 1/2 price.

Michael Lavey	LTA Performance Coach Full LTALicence
	Email: michaelavey@yahoo.co.uk @
Tel: 07734 602063	

JUNIOR LEVELS	
Age	Description
Munchkins 3/4	Fun movement, co-ordination, racket and ball skills.
Red 5-8	Played on small Red court for beginners (Level 3), players with basic shots (Level 2) and those that can rally with serve (Level 1).
Orange 7/8/9	Played on Orange court (3/4 length) for players with basic shots (Level 3), those rallying and serving to targets (Level 2) and those with strong rallying and good shot variety (Level 1).
Green 8-11	Played on full court. Continuation of Orange with improved shot making and tactics. Green Squad - Invitation only groups for advanced Green players/team players
Bronze 11-18	For junior players who are either beginners (Bronze 1), Improvers (Bronze 2) or Intermediate (Bronze 3). All developing technique and game tactics.
Team Squads U12- U18	Advanced junior/team players. Advanced technique, shots and tactics with matchplay focus.

ADULT COACHING

Coaching is available for adults of all ages and abilities from complete beginners through to advanced players. The sessions are pay and play which means you only pay for the sessions you attend.

Beginner/Improver	Tues	9.30-11.30am	£10.00 (members £8.00)
Improver/Intermediate	Wed	9.30-11.30am	£10.00 (members £8.00)
Intermediate/Advanced	Thurs	9.30-11.30am	£10.00 (members £8.00)
Improver/Intermediate	Sat	12.00-1.00pm	£5.00 (members £4.00)
Intermediate/Advanced	Sat	1.00-2.00pm	£5.00 (members £4.00)

No need to book just turn up

Individual Lessons	Member £25	Non-Member £28.00 (Adult) £26.50 (Junior)
	Individual/Up to 4 people (for 55mins)	

SPRING TERM JUNIOR COACHING 2008

7th January - 29th March

(excludes half-term 18th - 24th February)

(Limited to 8 per coach or 12 where assistant coach is also present)

(Course Length - 11 weeks)

Day	Time	Level	Cost Member	Non-Member
Mon	4.15-5.00pm	Red (L3, L2 & L1)	£38	£43 (Not Easter Monday)
Tues	3.45-4.15pm	Munchkins	£28	£28
Tues	4.15-5.00pm	Red (L3, L2 & L1)	£42	£47
Tues	5.00-6.00pm	Orange (L3)	£55	£65
Tues	5.00-6.00pm	Green & Green Squad	£55	£65
Tues	6.00-7.00pm	Bronze (2 & 3)	£55	£65
Tues	6.00-7.00pm	Team Squad U14	£55	£65
Wed	3.45-4.15pm	Munchkins	£28	£28
Wed	4.15-5.00pm	Red (L3, L2 & L1)	£42	£47
Wed	5.00-6.00pm	Orange (L3 & L1)	£55	£65
Wed	5.00-6.00pm	Green	£55	£65
Wed	6.00-7.00pm	Bronze 2 & 3	£55	£65
Wed	6.00-7.00pm	Team Squad U12	£55	£65
Thurs	3.45-4.15pm	Munchkins	£28	£28
Thurs	4.15-5.00pm	Red (L3, L2 & L1)	£42	£47
Thurs	5.00-6.00pm	Orange (L3 & L2)	£55	£65
Thurs	5.00-6.00pm	Green	£55	£65
Thurs	6.00-7.00pm	Bronze (1 & 2)	£55	£65
Friday	4.15-5.00pm	Red (L3, L2 & L1)	£38	£43 (Not Good Friday)
Friday	5.00-6.00pm	Orange (L3)	£50	£60 (Not Good Friday)
Friday	5.00-6.00pm	Green & Green Squad	£50	£60 (Not Good Friday)
Friday	6.00-7.00pm	Bronze 3	£50	£60 (Not Good Friday)
Friday	6.00-7.00pm	Team Squad U18/U16	£50	£60 (Not Good Friday)

Please note

- 1 Places will be allocated on a first come first served basis. Priority will be given to players coached in the Autumn term.
- 2 For peace of mind you can call me to confirm your place is reserved.
- 3 Players should wear sports clothing ie. tracksuit and sports shoes not casual shoes.
- 4 In the event of bad weather alternative activities will be provided in the clubhouse. If necessary time will be made up where possible but no refunds will be made.

Book your place by emailing michaellavey@yahoo.co.uk or calling Mike on 07734 602063. Please complete the reply slip below and hand it to Mike at the first lesson.

Reply Slip

Name: Date of Birth:...../...../.....

Address:

Post Code:

Email:

Medical Condition/Other Issues:.....

Parent's First Name:..... Contact Number (in case of emergency):

Parent's Signature:

By signing this form you, as parent, give permission for qualified first aiders to administer first aid or help with administering prescribed medication if required.

Day	Time	Level

I enclose a cheque for £..... Made payable to Michael Lavey.