

Crieff Hydro Tennis Club

Summer group coaching programme 2010 - April -May (5 weeks)

Day	Time	Session	Age range	Place	Coach	Start date	Cost Member	Cost non member
Mon	6.15-7.15	Secondary coaching and match play	12+	Hydro	Louise	19/4	£25	£32.50
Mon	6.30-7.30	12U Green Drills	9-12	Hydro	Bob	19/4	£25	£32.50
Mon	7.30-8.30	Teenage improvers	12+	Hydro	Bob	19/4	£25	£32.50
Mon	6.30-8.00	Adults team practice		Morrison's	Malcolm	19/4		N/A
Tues	5.15-6.15	Red improvers	5-7	Morrison's	Louise	20/4	£27.50	£32.50
Tues	6.15-7.15	Orange/green	8-10	Morrison's	Louise	20/4	£25	£32.50
Tues	6.30-7.30	Secondary coaching and match play	12+	Morrison's	Bob/Malcolm	20/4	£25	£32.50
Tues	7.15-8.45	Adult improvers/ drills and match play		Morrison's	Louise	20/4	£35.00	£42.50
Weds	6.30-7.30	Teenage beginners	12+	Hydro	Malcolm	21/4	£25	£32.50
Weds	7.30-8.30	Older juniors match play/drills	15-18 yrs	Hydro	Malcolm	21/4	£25	£32.50
Thurs	6.00-7.30	Junior team practices	all	Morrison's/Hydro	15/4, 22/4,29/4		£2.00pp	N/A
Thurs	4.00-5.00	Red improvers/orange	7-9	Hydro	Tracey	22/4	£25	£32.50
Thurs	5.00-6.00	Green Beginners+/ Improvers	9-11	Hydro	Tracey	20/4	£25	£32.50
Fri	10-1130	Ladies Coaching/Drills/ Match play		Hydro	Tracey	23/4	£35.00	£42.50
Fri	4.00-5.00	Red beginners	5-7	Hydro	Bob/Tracey	23/4	£27.50	£32.50
Sat	9.30-10.30	Red Beginners	5-7	Hydro	Bob/Tracey	24/4	£27.50	£32.50
Sat	10.30-11.30	Orange	8-9	Hydro	Bob/Tracey	24/4	£25	£32.50
Sat	11.30-12.30	Green drills and match play	9-11	Hydro	Bob/Tracey	24/4	£25	£32.50
Sun	6.30-8.00	Adult beginners/rusty		Hydro	Bob/Tracey	25/4	£35.00	£42.50

Coach and qualification	Details
Louise Braidwood LTA Licensed Club Coach	01764 650953 mob 07717 186990 louisebraidwood@uwclub.net
Tracey MacKinlay LTA Licensed Club Coach & RPT Instructor	01764 656619 mob 07776 403770 mackinlays@btinternet.com
Bob MacKinlay LTA Registered Level 2 Community Coach	01764 656619 mob 07980 834454 mackinlays@btinternet.com
Malcolm Logan RPT instructor.	01764 652070 mob 07952 590605 malcolm@loganscotland.com

Crieff Hydro Tennis Club

Summer Coaching Programme 2010

Name of player:

Address:

Date of Birth:

School & Year (If U18)

Telephone:

Mobile:

Email:

Contact Name: (Parent/Guardian for U18's):

Contact Numbers: (if different from above)

Any known medical conditions:

COACHING SESSIONS YOU WISH TO ATTEND:

1st option Daytimecoach

2nd option Daytimecoach

Are you a current member of Crieff Hydro Tennis Club? YES/NO

Membership details and forms available to download at www.criefftennisclub.co.uk

British Tennis Membership Number(if you have one): _____

It is free to members of an affiliated club: www.lta.org.uk/BritishTennisMembership

CASH or CHEQUE accepted

Please make cheques payable to CHTC & send to

Louise Braidwood, Junior Convenor-CHTC

Ballochmill Cottage

Crieff

PH7 4JB

Fee enclosed £.....

Group Guidelines

Group	Guidelines
RED Beginners-	FUNdamentals, footwork, progressing to rallying with partner, underarm serve, basic tactics and fun based games on a small court
Red improvers	As above plus can rally FH and BH. Basic overarm serve, awareness of basic tactics
Orange using $\frac{3}{4}$ court	FUNdamentals, footwork all stokes on a $\frac{3}{4}$ size court, footwork, serving, stroke development, games based drills, tactics, and fun games
Mini Green beginner	FUNdamentals, footwork .Rally on full court, footwork, serving, stroke development, and games based drills, basic tactics. Fun games
Mini green improver	As above and able to rally consistently with a partner on full court, footwork, serving, stroke development volleying, games based drills, advanced tactics. Fun games
Teenage beginners-	For older children new to the game forehand and backhand development serving and volleying , games singles and doubles, fun games singles and doubles
Secondary drills /match play	Able to rally consistently and cooperatively with a partner. Progressing to more specialised shots and serves. Advanced singles and doubles tactics
Rusty racquets/adult beginners	Beginners adult class /rusty ideal if you have not played for some time