



Boldon Lawn Tennis Club Coaching Programme

April 2012 – July 2012
 Juniors in **BLACK** / Adults in **RED**



DAY	TIME	ACTIVITY	DESCRIPTION	COACH	✓
MON	9.30-10.30	18-25 LADIES MORNING	SPORTIVATE TENNIS (£3 pay 'n' Play)	DAVID	
	17.00 – 18.00	ANDY MURRAY SQUAD	MINI-TENNIS DEVELOPMENT	DAVID	
	18.00 – 19.00	11+ DEVELOPMENT	SQUAD 2 (2 courts)	DAVID/CARLOS	
	19.00 – 20.30	ADULT INTERMEDIATE	SINGLES/DOUBLES DRILLS– (3 Courts)	DAVID/ CARLOS	
TUE	16.00 – 17.00	14-16 GIRLS ALOUD	SPORTIVATE TENNIS (£2 pay 'n' Play)	ANDY	
	17.00 – 18.00	MINI-TENNIS	RED 1 (2 Courts)	ANDY	
	18.00 - 21.30	CLUB NIGHT	DOUBLES MATCHPLAY		
WED	17.00 - 18.00	MINI -TENNIS	GREEN 2 (2 Courts)	DAVID	
	18.00 – 19.00	16-18 DEVELOPMENT	SPORTIVATE TENNIS (£2 pay 'n' Play)	DAVID/ CARLOS	
	19.00 – 20.00	SPORTIVATE BEGINNERS 18-25yrs	SPORTIVATE TENNIS (£3 pay 'n' Play)	DAVID/ CARLOS	
	20.00 – 21.00	ABSOLUTE BEGINNERS/RUSTIES	SINGLES/DOUBLES – TEC/TAC – (1 Court)	DAVID/ CARLOS	
THUR	16.00 - 17.00	AFTER SCHOOL CLUB	PRIMARY 5-11 (£3.50 Pay 'n' Play)	ANDY	
	17.00 - 18.00	9+ DEVELOPMENT	SQUAD 4 (2 courts)	ANDY	
	18.00 - 21.30	LADIES MATCH PRACTICE	DOUBLES MATCHPLAY		
FRI	16.00 - 17.00	MINI-TENNIS	RED 2 (1 courts)	ANDY	
	17.00 - 18.00	11+ DEVELOPMENT	SQUAD 3 (1 courts)	ANDY	
	18.00 – 19.00	14-16 DEVELOPMENT	SPORTIVATE TENNIS (£2 pay 'n' Play)	ANDY	
SAT	10.00 – 11.00	MINI-TENNIS	RED 3/ PARENT & TODDLER (2 court)	ANDY	
	11.00 – 12.00	MINI-TENNIS	ORANGE 2 (1 court)	ANDY	
	12.00 – 13.00	MINI -TENNIS	GREEN 3 (1 Courts)	ANDY	
SUN	10.00 – 12.00	JUNIOR MATCHPLAY	£3.50 PAY 'n' PLAY		
JUNIORS THAT SHOW A GOOD LEVEL OF PLAY ARE WELCOME TO PLAY IN SENIOR CLUB NIGHTS					
TUE-THU	09.00 – 15.00	SPORTS CAMPS	Half-Term 5 th – 7 th June	FEE: £50.00	
TUE-FRI	10.00-12.00 (U9) 12.30-14.30 (O8)	MINI-TENNIS CAMP 9+ DEVELOPMENT CAMP	TENNIS CAMP 5 th – 8 th June	FEE: £30.00	

PLEASE KEEP THIS HALF OF PAGE

Please tick the relevant box above and fill in the booking form in full...



Term (circle): April-July 2012 Fee: £ _____ (see overleaf)	Please make cheques payable to 'Sporty People'. Please put this application form, along with the cheque, into an envelope and post it to: Sporty People, 28 Doddington Drive, Cramlington, Northumberland. NE23 6DG The PAR-Q & Child Consent form only needs to be provided once per year. Contact us on 07966 370527 or email: coaching@boldontennis.org
SQUAD: _____ DAY: _____ TIME: _____	
Player's Full Name: _____ DOB: _____	
Full Address: _____	
Post Code: _____	
E-Mail Address: _____	
Home Phone No: _____	
Mobile No: _____	
Emergency Phone No: _____	
UNDERTAKING	
I have read and acknowledge the complete information regarding Enrolment Conditions (found at www.boldontennis.org/pages/4), PAR-Q (Medical & video/photograph consent forms & data protection) and have marked clearly the areas where I give my consent.	
Signature of Player or Parent/Guardian..... Print..... Date.....	



ALL TENNIS ENQUIRIES PLEASE CONTACT Carlos on 07966 370527
 Sporty People are working in partnership with the committee at Boldon Lawn Tennis Club to provide a full programme of activities and events



www.BoldonTennis.org



in association with
South Tyneside Council



FEES & COURSE INFO

**** JUNE HALF TERM: 4th to 10th JUNE ****

COURSE FEES

FEES FOR HOLIDAY ACTIVITIES

TENNIS CAMPS – 2 HR SESSIONS x 5/4 DAYS FEE: £30.00

3 DAY SPORTS CAMPS - £50.00

SUMMER MULTI-SKILLS CAMPS – 5 HRS x 5 DAYS FEE: £75.00

SPORTS LEADERS AWARDS - TBC

'SPORTIVATE' a national programme to encourage non/semi-sporty 14's to 25's into sport. The programme is especially targeting females. 'Sportivate' programme starts week beginning 11th June

Pay 'n' Play

All Pay 'n' Play sessions are subject to sufficient numbers enrolled.

Please book your place weekly.

COURSE TERMS: * 23rd April to 22nd July = 12wks *****

• Enrolment by application only

▶ Players will **only** be accepted on courses or events if fees are paid **3 days prior to course starting**

☉ **by post: fees by cheque only and** must be accompanied by a signed application form and PAR-Q. **You can now pay online.**

☉ **Pay 'n' Play** sessions must be paid on the day, at the start of all sessions. This applies to all players that try before they enrol on full course.


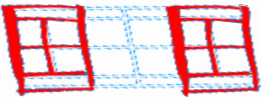
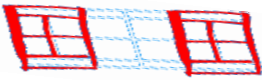
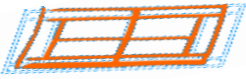
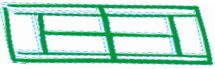

JUNIOR SQUAD FEES

23rd April – 22nd July

**12WK BLOCK £64.80 (made payable to Sporty People)
+ £24 non-members guest fee (made payable to Boldon LTC)**

ADULT – 1 & 1½ HR SESSIONS - PAY 'N' PLAY £6.00 + £3.00 guest fees

Join the club, save money and enjoy membership benefits

ACTIVITY	COURT SIZE	DESCRIPTION
PARENT & CHILD 		AGE 3+ YRS BALL TYPE - RED SPONGE BALL Work with your child to develop your understanding of the game and help to develop your child's generic skills.
Mini Tennis Red		AGE 4-7 YRS BALL TYPE – RED SPONGE BALL
Mini Tennis Orange		AGE 6-9 YRS BALL TYPE (ORANGE)
Mini Tennis Green		AGE 8-12 YRS BALL TYPE (GREEN)
9+ Boys/Girls Development		11+ SQUADS 1 to 4 BALL TYPE - YELLOW Players will be invited to suitable squad depending on age and ability. Girls only sessions available.
LADIES ONLY	Depends on ability	LADIES MORNING - Get fit, learn to play and make new friends.
MATCH PLAY & JUNIOR CLUB 'Playing to Compete'	Depends on age and ability	Members and Non-members welcome. All standards catered for. Competing - a key component to developing tactical, technical, mental & physical skills.
SECONDARY & PRIMARY CLUB	Depends on age and ability	Gives players an opportunity to play with some informal coaching.
CARDIO TENNIS <i>'This session will really get your heart pumping'</i>	Full court	Good aerobic workout and physically demanding. abilities welcome.
LADIES 'coffee' MORNING	Full court	Learn to play, exercise and have fun.
ADULT RUSTIES	Full court	Meet new friends and learn a new skill.
ADULT DRILLS	Full court	Great for the team or good club players.
TENNIS CAMP		4/5 day Tennis Activities – All holidays

