

# Autumn 2019 Adult Coaching Programme

## Jesmond Lawn Tennis Club



Head Coach Sean Damer

Coach Alison Cartmell

### **Tuesdays: from 10<sup>th</sup> September until 15<sup>th</sup> October**

#### **6:30pm-7:30pm Beginners**

These sessions are designed to take you step by step through the very basics of tennis. We cover grips, stances, shapes, rules and positioning. This will hopefully give you some confidence to start playing the game for real!

#### **7:30pm-8:30pm Improvers**

This session is the perfect follow-on to the beginners course. It focuses on improving technique to get players into longer rallies and strengthening their understanding of tactics for game situations.

### **Fridays: from 13<sup>th</sup> September until 18<sup>th</sup> October**

#### **6:30pm-7:30pm Rusties**

The focus on Rusties is very much about structured drills and tactics. This suits those players who are rusty and want to start again and also those that already play social tennis and can rally but want to add some extra oomph into their game!!

#### **All courses:**

**Members £30; Non-members £45 - for the 6-week course**

#### **Please pre-register with Sean stating:**

**Name, Course required, Contact email address and phone number.**

**Sean Damer: Email: [sdamer@fastmail.fm](mailto:sdamer@fastmail.fm) Mobile: 07528690765**

#### **Course fees should be paid in advance by:**

**Cheque - made payable to [Jesmond Lawn Tennis Club](#)**

**or by Bank Transfer to Lloyds TSB, sort code 30-93-71 A/c 00393423.**

**Please use your family name and course as the reference.**

Please note that all courses are subject to a minimum number of participants. We may extend the course by one or two sessions in the event of sessions being cancelled because of bad weather.