

Autumn 2019 Junior Coaching Programme

Jesmond Lawn Tennis Club



Head Coach Sean Damer

Coach Alison Cartmell

Saturdays: 6 weeks from 7th September until 12th October

9:30-10:30am **MINI TENNIS RED** **4 – 8 year olds**

This session is for players aged 8 and under. It is played on a smaller court with smaller rackets and softer balls. It allows players to play almost all of the shots and encourages longer rallies!

Members £24; Non-members £36 - for the 6-week course

10:00-10:30am **TOTS TENNIS** **2.5 – 4 year olds**

This session (with parent participation!) is for those youngsters who need some fundamental skills with tennis as the messenger. Lots of balance and coordination and a first gentle introduction to a racket and a net! This session is now held alongside mini-tennis red.

Members £12; Non-members £18 - for the 6-week course

10:30-11:30am **MINI TENNIS ORANGE & GREEN** **8-10 year olds**

A combined mini tennis orange and green session. This session gives young players the chance to progress from mini-red through to orange and green. Using slightly smaller balls, and on a larger court, students will learn the skills needed to progress up to the full court, learning a full range of shots with a focus on good technique.

Members £24; Non-members £36 - for the 6-week course

11:30pm-12:30pm **JUNIOR FULL BALL YELLOW** **10 years+**

This session is a great way for players to continue their progress to a full court and to try some match-play and strategy. A great way to make the path to adult tennis smoother!

Members £24; Non-members £36 - for the 6-week course

Please pre-register for any of the above with Sean Damer and Alison Cartmell stating: Name, Course(s) Required, Contact email and telephone, Age of child, and any medical conditions.

Sean Damer: Email: sdamer@fastmail.fm Mobile: 07528690765

Alison Cartmell: Email: acartmell@aol.com Mobile: 07902428875

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.