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Junior Development Tennis Coaching Programme Spring 2015



Spring Term starts Monday 13th of April & runs for 11 weeks

No classes 23rd to 31st of May (Half Term)

***For more information please visit www.eastglos.co.uk
or call 01242 230562***

Mini & Junior Tennis Programme

Course	Day	Time	Venue	Member	Non member
<u>TENNIS TOTS (ages 3 to 4 years)</u>					
Tots	Monday	1600-1630	East Glos	£44	£66
Tots	Wednesday	1600-1630	East Glos	£44	£66
<u>MINI TENNIS RED (ages 5 to 8 years)</u>					
Red	Monday	1630-1730	East Glos	£88	£120
Red	Tuesday	1600-1700	East Glos	£88	£120
Red	Wednesday	1630-1730	East Glos	£88	£120
Red	Friday	1630-1730	East Glos	£88	£120
Red	Saturday	1100-1200	East Glos	£88	£120
Red	Saturday	1200-1300	East Glos	£88	£120
<u>MINI TENNIS ORANGE 9 & under</u>					
Orange Rookies	Monday	1600-1700	East Glos	£88	£120
Orange Rookies	Wednesday	1600-1700	East Glos	£88	£120
Orange Rookies	Friday	1600-1700	East Glos	£88	£120
Orange Rookies	Saturday	0900-1000	East Glos	£88	£120
Orange Ralliers	Monday	1600-1700	East Glos	£88	£120
Orange Ralliers	Wednesday	1600-1700	East Glos	£88	£120
Orange Ralliers	Friday	1600-1700	East Glos	£88	£120
<u>MINI TENNIS GREEN 10 & under</u>					
Green Rookies	Monday	1700-1800	East Glos	£88	£120
Green Rookies	Wednesday	1700-1800	East Glos	£88	£120
Green Rookies	Friday	1700-1800	East Glos	£88	£120
Green Rookies	Saturday	0900-1000	East Glos	£88	£120
Green Ralliers	Monday	1700-1800	East Glos	£88	£120
Green Ralliers	Wednesday	1700-1800	East Glos	£88	£120
Green Ralliers	Friday	1700-1800	East Glos	£88	£120
Green Ralliers	Saturday	1000-1100	East Glos	£88	£120
<u>JUNIOR (ages 11-14 years)</u>					
Junior 3	Monday	1700-1800	East Glos	£88	£120
Junior 3	Tuesday	1700-1800	East Glos	£88	£120
Junior 3	Saturday	1000-1100	East Glos	£88	£120
Junior 2	Monday	1700-1800	East Glos	£88	£120
Junior 2	Thursday	1700-1800	East Glos	£88	£120
Junior 2	Saturday	1100-1200	East Glos	£88	£120
Junior 1	Wednesday	1700-1800	East Glos	£88	£120
Junior 1	Thursday	1700-1800	East Glos	£88	£120
<u>TEEN (ages 15 to 18 years)</u>					
Teen 2	Tuesday	1700-1800	East Glos	£88	£120
Teen 2	Saturday	1100-1200	East Glos	£88	£120
Teen 1	Wednesday	1700-1800	East Glos	£88	£120
Teen 1	Thursday	1700-1800	East Glos	£88	£120

Spring Term 2015 Course Descriptors

TENNIS TOTS

Tennis Tots is our fun introduction to tennis for players aged **3 & 4 yrs**. The course will include lots of **A**gility, **B**alance & **C**oordination exercises with fun and challenging activities allowing players to develop the basic fundamentals required for tennis. We ask parents to stay with their children during the session.

RED TENNIS.

Mini Tennis Red is for players aged **5-8 yrs**. It is played on small courts with short rackets and soft balls. It's just like the real game and gives players opportunities to have long rallies and play different types of shots. Our Red programme is supported by the **LTA Highland Spring Mini Tennis Awards**.

ORANGE TENNIS.

Mini Tennis Orange is a great way for players to continue their progress from Mini Tennis Red and is for players who are **9 & under**. It is played with shorter rackets, softer balls and courts are bigger and wider than the red stage but still smaller than full-size tennis courts allowing players to develop a rounded game whilst learning a range of techniques and tactics. Our Orange programme is supported by the **LTA Highland Spring Mini Tennis Awards**.

ORANGE ROOKIES: For children who are either new to the game or have had little experience. Focus is on teaching the basics and lots of fun!

ORANGE RALLIERS: For children who have had some experience of tennis, ideally at red and are able to serve rally and score. Course will include timed tennis matches.

GREEN TENNIS:

For players who are **10 & under**. Mini Tennis Green is a great way for players to continue their progress from Mini Tennis Orange. It is played on a full size tennis court, with bigger rackets and balls which are a little softer than yellow balls. It's the next stage before moving on to full compression yellow balls on a full sized court and helps players develop and improve all aspects of their game. Our Green programme is supported by the **LTA Highland Spring Mini Tennis Awards**.

GREEN ROOKIES: For players who are starting out or have had little experience of tennis previously. Focus is on teaching the basics and lots of fun.

GREEN RALLIERS: For players who can serve, rally and score. Ideally for those who have progressed through mini red and orange. Course will include timed tennis matches.

JUNIOR TENNIS.

For players who are aged **11 to 14 years of age** based on full size courts and equipment ranging from beginner to advanced level players.

JUNIOR 3: For juniors who are just starting out or have had little experience. Focus is on teaching the basics.

JUNIOR 2: For intermediate level juniors who can serve, rally and score to a basic level. Focus on developing match play skills. Players are encouraged to play internal competitions.

JUNIOR 1: For the more advanced players who have developed good basic technique and tactical awareness. Players are encouraged to compete internally and externally and should have an LTA rating. Selection is made by the coaches.

TEEN TENNIS.

For players who are **15 to 18 years of age** based on full size courts with full size equipment. Split into two levels catering for our older juniors who want to play socially or those who have the desire to compete.

TEEN 2: For players moving from Junior tennis who have a grasp of the basics and like to play tennis socially.

TEEN 1: For the more advanced juniors who have progressed from junior 1 and have a desire to compete