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Junior Development Tennis Coaching Programme Summer Holidays 2015



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

Course Details

All courses are suitable for players without experience and those that play at school or club level. They are not suitable for players who compete regularly (please ask what the option is for this level of player).

We appreciate that the children attending will be on their school holidays so whilst an element of instruction will be provided the emphasis of the activity will be on participants enjoying themselves and receiving healthy exercise.

Dates 13-17 July, 20-24 July (*), 27-31 July,
 3-7 August, 10-14 August, 16-21 August

(*) Camps running this week are held at the Montpellier Gardens tennis courts

Course A (0900-1100 Monday to Friday) Price £60 (members)
Ages 8 & Under (Red Ball) £75 (non members)

Players will be organised into appropriate groups based on their capabilities. Daily themes will cover serving, receiving, playing from the back and playing at the net.

Course B (1100-1600 Monday to Friday) Price £150 (members)
Ages 9 & 10 (Orange & Green ball) £165 (non members)

Course C (1100-1600 Monday to Friday) Price £150 (members)
Ages 11 + (Yellow ball) £165 (non members)

Players will be organised into appropriate groups based on their ages and capabilities. Daily themes will include serving and receiving, playing from the back, playing at the net singles and doubles. The final day will consist of team competition and matches.

Staff

All coaches leading groups meet minimum standards e.g. LTA qualified, CRB and first aid. All assistant coaches hold LTA qualifications. Each week senior members of the East Glos coaching team will be in charge.

What we will provide:

All equipment (including rackets if needed).

What you need to provide:

Please bring a packed lunch, snacks, sunscreen, hats and a good attitude. Food is available from the club bar if required.

Summer Holiday Camp Age Groups

RED TENNIS.

Mini Tennis Red is for players aged **4-8 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.

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.

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.

JUNIOR TENNIS.

For players who are aged **11 to 18 years of age** based on full size courts and equipment ranging from beginner to advanced level players.