



Peter Harding
07907 990226
Kate Jones
07786 854892



Be the best you can be

INDIVIDUAL COACHING LESSONS:

PETER offers individual coaching lessons at £20 per hour, £12/ half hour for all levels and abilities

or

KATE also offers Beginners and Juniors individual coaching lessons at £14 per hour or £10/half hour.



BROKEN STRINGS/WORN GRIP—Peter can re-string and change grips—please discuss prices with Peter.

FORTHCOMING DATES FOR YOUR DIARY:

Mini Red and Orange Tournament on Sunday, 21

February 2010 at Thrapston Tennis Club. Mini Red from 10am til 12 Noon and Mini Orange from 1—3pm. All competitors need to have British Tennis Membership. Contact the British Tennis Membership Department to become a member —0845 873 7202). Please contact Kate Jones on 07786 854892 if you would like an entry form.

Easter Holiday's 3 day coaching programme to be held on 14,15,16 April 2010.

Please take a few moments to answer the questions below—many thanks:

What would be your best day for a junior coaching session to be on:	
Would you be interested in playing in a ladies coached group during the day:	
If so what day would be most convenient:	
Are you interested in an Rusty Racket coached evening session	

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Be the best you can be



COACHING COURSES
2010

at

Kettering Tennis Club

Northampton Road, Lake Avenue, Kettering

NEW YEAR COACHING
PROGRAMME

6 week block

Starts Friday, 8 January 2010
Ends Friday, 12 February 2010



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COACHING COURSES (ages are only guidelines and depend on experience and ability):

COURSE	DESCRIPTION	DAY/TIME	COST	Ref No
Mini Mini's (3/4 years) and  Mini Red (4-8 years)	Red ball mini tennis is played on smaller courts with shorter rackets and softer balls. It is suitable for beginners and will give youngsters the chance to develop a broad range of skills to play all balls sports effectively. Key focus on practising different types of shots, co-ordination, throwing and catching, balance and having lots of fun too.	Fri 4.00— 4.45pm	£24	R1
Mini Orange (8/9 years)	Played on 3/4 court with bigger rackets and orange balls. This is the next stage to go through before playing on a full sized court, to help players develop all the different shots and provide fun competition.	Fri 5—6pm	£24	O1
Mini Green (10/11 years)	Played on a full sized court using bigger rackets and low compression green balls. It is the next stage to go through before playing with a full compression yellow ball. It will help players to work on and improve all aspects of their game within a fun, competitive environment.	Fri 6—7pm	£24	G1
Mini Yellow (11 years and over)	Played on a full sized tennis court, with full size rackets and full compression yellow balls. It is the last stage of “mini” tennis to develop technique and skills further and learn competition scoring and tactics.	Fri 6-7pm	£24	Y1

RACKETS AVAILABLE IF REQUIRED. Please ensure children are dressed appropriately for tennis and weather. In the case of inclement weather, please contact Peter or Kate to check if lesson is on. Please supply a water bottle each session.



Want to join Kettering Tennis Club, please contact Bob Pooley on 01536 481012 for further information.

Please complete the section below and send with cheque to Peter Harding (Kettering), 10 Anson Close, Corby, Northants NN17 2RR.

All cheques are to be made payable to **R2R Tennis Ltd.**

Payment for each course **MUST** be made prior to the start of the course.

RefNo of course applying for:

Day:

Cheque enclosed for:

NON MEMBERS of Kettering Tennis Club, please add £5 to the cost of the Course. To become an annual member, please discuss with Peter.

Please fill in General Information:

NAME OF CHILD:			
ADDRESS:			
MOBILE NO:		EMERGENCY CONTACT NO:	
EMAIL ADDRESS:		MEDICAL INFO:	
DATE OF BIRTH:		AGE OF CHILD:	
Is this the same course as last time:			

Lessons are led by Head Coach, Peter, who is a licensed LTA coach or by Kate, Level 2 LTA Coach. All coaches are CRB checked. Course may be cancelled if numbers are low.

If you would like any further information please contact **Peter** on **07907 990226** or by email on **pete@r2rtennis.co.uk**, or alternatively contact **Kate** on **07786 854892** or by email on **ekrjones@btinternet.com**