



Hassan Khan
07738 166943
Ralph Clarke
07886 433605



Be the best you can be

Please complete the section below and send with cheque to **Hassan Khan, 20 Holme Drive, Oadby, Leicester LE2 4HF.**

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.

Ref No of course applying for: Day:

Cheque enclosed for:

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

INDIVIDUAL COACHING LESSONS:

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

BROKEN STRINGS/WORN GRIP—Will Rowley can re-string and change grips—please discuss prices with Will on 07786 955 179 or email on will@r2rtennis.co.uk

www.r2rtennis.co.uk



Be the best you can be



COACHING COURSES
Summer Term 2010
 at
Oakham Tennis Club

The Vale, Oakham, LE15 6JQ





COACHING PROGRAMME
 Starts w/c Monday, 7 June
 for a 6 week block
 Week ending 17 July 2010



Head Coach—Hassan Khan 07738 166943
Director of Coaching — Ralph Clarke 07866 433605




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

COURSE	DESCRIPTION	DAY/TIME	COST		Ref No
			Members	Non Members	
 Mini Red (4-7 years)	Red ball mini tennis is played on smaller courts with shorter rackets and red balls. Suitable for beginners and will give youngsters the chance to develop a broad range of skills to play all balls sports effectively. Focus on practising different shots, co-ordination, throwing and catching, balance and having lots of fun too.	Thurs 4- 4.50pm	£27	£31.50	R1
		Or Sat 10-11am	£27	£31.50	R2
 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.	Thurs 4.55 - 5.55pm	£27	£31.50	O1
		Or Sat 10-11am	£27	£31.50	O2
 Mini Green AND  Junior (10 years plus)	Played on a full sized tennis court, with full size rackets and green or full compression yellow balls. To further develop technique and skills and learn competition scoring and tactics.	Thurs 6-7pm	£27	£31.50	GJ1
		Or Sat 9-10-am	£27	£31.50	GJ2

PERFORMANCE GROUPS:

All players for these following groups are invited by the Head Coach only and must be having at least 2 sessions a week, maybe an individual lesson and competing in tournaments. Match practice and tactics are delivered throughout the sessions.

 Red	Performance (Invite Only)	Mon 4-4.55pm	£33	£37.50	PR
	For stronger red players that can rally with a partner.				
 Orange	Performance (Invite Only)	Mon 4-4.55pm	£33	£37.50	PO
	For stronger orange players.				
 Green and  Junior	Performance (Invite Only)	Mon 5 - 5.55pm	£33	£37.50	PGJ
	For stronger green and junior players.				

COURSE	DESCRIPTION	DAY/TIME	COST		Ref No
			Members	Non Members	
Adults Drills and Skills	Aimed at improving players developing techniques within match play situations.	Tues 9-10.30am	£42	£46.50	ABT
Adults Rusty Rackets	Aimed at all those who want to start playing as well as those looking to get back into tennis.	Tues 10.30-12pm	£42	£46.50	ATT
		Or Thurs 6-7pm	£30	£34.50	
Adults Tactics and Techniques	Aimed at those players wanting to understand and practise the tactics of the game and deliver in match play situations.	Fri 9.30-11am	£42	£46.50	ATF
Adults Team Players	Great opportunity to get some exercise and learn to practise those team tactics including social play.	Tues 1-2.30pm	£42	£46.50	AT

RACKETS AVAILABLE IF REQUIRED.

Please ensure children are dressed appropriately for tennis and weather.

Please supply a water bottle each session.

Lessons are led by **Hassan Khan (Juniors)** and **Ralph Clarke (Adults)** who are LTA coaches.

NOTE: Please add £1 per session extra for non members paying casual rate.

All coaches are CRB checked.

For further information please contact:

Head Coach—Hassan

Mobile: 07738 166943

Email: hassan@r2rtennis.co.uk

or alternatively contact

Director of Coaching - Ralph

Mobile: 07866 433605

Email: ralph@r2rtennis.co.uk

Course may be cancelled if numbers are low.



www.oakhamltc.org.uk