

Peter Harding
07907 990226

Kate Jones
07786 854892



Be the best you can be



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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:

Saturday morning group coaching classes starting Spring 2010 for Mini Reds, Green, Oranges and Teens Tennis sessions with Kate. (07786 854892).

Mini Red and Orange Tournament on Sunday, 21

February 2010. 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).

WHAT'S ON OVER THE WINTER AT THRAPSTON:

- Ladies League Squad night on Tuesday's at 7pm
- Men's Club Night on Thursday's at 7pm
- Social Play on Wednesday evenings
- Inter Club Daytime Ladies League at Corby Indoor Tennis Club
- Christmas Meal—19 December at The Snooty Fox, Lowick
- League matches begin next Spring 2010



www.r2rtennis.co.uk



COACHING COURSES 2010

at
Thrapston Tennis Club

**NEW YEAR COACHING
PROGRAMME**
Starts w/c 4 Jan 2010
for a 6 week block







Peter Harding - 07907 990226

Kate Jones—07786 854892

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

COURSE	DESCRIPTION	DAY/ TIME	COST	Ref No
 Red Performance (Invite Only)	For stronger red players that can rally with a partner. Match practice and tactics are delivered throughout the session. All players for this group 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.	Weds/ 4—5pm	£24	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/ 4.45— 5.30pm	£24	O1
Mums n Tots (pre-school 2-5 years)	Mum's & Tots tennis course for pre-school children aged between 2-5 years. Join a fun, informal and interactive play session introducing your tots to tennis and ball sports. Practising movement and co-ordination skills and plenty of games in a fun environment. Run by Kate Jones. TO BE HELD IN RINGSTEAD VILLAGE HALL FOR THIS 6 WEEK BLOCK.	Thurs/ 1.30— 2.15pm	£21.00	M1
 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.	Thurs/ 4.05— 4.45PM	£24	R1
 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.	Weds 5.30- 6.25pm	£24	G1
Teens (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.	Thurs/ 6-7pm	£24	T1
Rusty Rackets (Adults)	Great opportunity to get some exercise and learn to play or make a come back to tennis!!! Fun, social night with all abilities welcome.	Tues or Thurs/ 7-8pm	£30	RR1

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.

Please complete the section below and send with cheque to Peter Harding, 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.

Ref No of course applying for:

Day:

Cheque enclosed for:

NON MEMBERS of Thrapston Tennis Club, please add £6 to the cost of the Course (not applicable to Mums n Tots class). 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 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**