



TENNIS COACHING AT MOSSLEY HILL ATHLETIC CLUB

**Contact: Aaron Sudell
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Mossley Hill Athletic Club Tennis Coaching

This lively and friendly club, set in a beautiful location in front of Sudley Hall on Mossley Hill Road, offers 6 all-weather courts with floodlit facilities for tennis all year round. The club boasts an array of player development opportunities and coaching.

Coaching is available to Adults and Juniors over a number of sessions designed to meet the needs of all ages and ability. All sessions will run for 10 weeks **from 3rd May**. Substantial discounts are available to Tennis Section members. If you wish to join the Club please ask the coach for a membership form.

Junior Coaching

The Club offers the following sessions:

Mini Tennis Red for players aged 6 & under.

This squad is for juniors that have little or no tennis experience. The sessions provide players with a sound knowledge of simple moving, hitting, throwing and catching skills, and basic racket skills.

Friday 4-5 pm
Sunday 1-2 pm

Mini Tennis Orange for players aged 6-9

Players continue to develop their tennis skills, and work on improving their rallying and serving using medium bounce balls and simple scoring.

Friday 5-6 pm
Sunday 2-3 pm

Mini Tennis Green for players aged over 9

For improvers aged 9-11 or those progressing from red and orange, provides the transition to full court tennis. The aim is to get players to rally from the baseline and use full tennis scoring.

Sunday 3-4 pm

Teenage Development

This programme can take children from the age of 10 to 16 and caters for children who want to take their tennis up a notch. The sessions focus on stroke techniques e.g serving and volleying, and the tactics of singles and doubles play.

Under 13 Monday 4-5 pm

Under 18 Monday 5-6 pm

Match Events and Mini Competitions

All those taking part in any of the sessions above will be eligible to participate in competitions which will give them the opportunity to regularly compete against players of the same age in an environment which will develop their game technically, tactically, mentally and physically.

Times to be advised

Adult Coaching

Beginners

The beginners course is an excellent introduction to tennis and refresher course for those that have not played for some time or have never received coaching before. It introduces players to the basic strokes and tactics, including topspin forehand, backhand, serve & volley.

Saturday 2-3 pm

Saturday 3-4 pm

Intermediate

Designed for the more experienced player who wants to add to their game, teaching more specialised strokes & tactics for doubles and singles. If you aren't confident on the basics, try a Beginners course first, but if you're ready to move on, this course is ideal.

Friday 6-7 pm

Team Coaching

Aimed especially at match players. The session will consist of organised matchplay, with a coach on-hand to help players continue to fine-tune their tactical and technical skills.

Monday (Men) 6.30 - 7.30 pm

Monday (Ladies) 7.30 - 8.30 pm

Individual Coaching

Please contact the coach directly. Rates on request.

Mossley Hill Tennis Club Rates:

Membership 2010:

Junior.....	£30
New Adult Member (1st Year).....	£55
Adult member (18-25).....	£105
Adult member (25-65).....	£135
Senior Citizen (over 65).....	£105
Student (over 18)/Unemployed.....	£65
Family Membership.....	£275
Married Couple.....	£245
Winter Only (Oct to Apr).....	£85

Coaching Fees:

Juniors:

Mossley Hill Tennis Club members

£20 for a block of 10 one hour sessions paid in advance.

£4 per hour pay as you go*.

Mossley Hill Tennis Club non-members

£40 for a block of 10 one hour sessions paid in advance.

£5 per hour pay as you go*.

Adults:

Mossley Hill Tennis Club members

£30 for a block of 10 one hour sessions paid in advance.

£5 per hour pay as you go*.

Mossley Hill Tennis Club non-members

£45 for a block of 10 one hour sessions paid in advance.

£6 per hour pay as you go*.

Mossley Hill Athletic Club Tennis Coaching

Name:

Address:

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Postcode:

Tel:

e-mail:

Session (Please tick):

Junior:

Mini Tennis 6 and under: Fri Sun

Mini Tennis 6-9: Fri Sun

Mini Tennis 9 and over: Sun

Teenage Development under 13: Mon

Teenage Development under 18: Mon

Adult:

Beginners: Sat(2-3) Sat(3-4)

Intermediate: Fri

Match Practice: Mon (Ladies) Mon (Men)

Amount enclosed £

Please make cheques payable to 'Mossley Hill Athletic Club'. Booking forms should be handed to the coach at your first session.

*Pay as you go is primarily for those who require a 'taster' session or do not wish to commit to a 10 week block, perhaps due to holidays etc.