



St Serfs & Lomond Park Coaching Programme 2009

Term 1 2nd March – 3 April

Dear Parent,

Term 1 coaching programme 2009.

Deuce Academy is a coaching programme catering for tennis players from St Serfs LTC and Lomond Park LTC as well as from the local community. The aim of this project is to provide grass root tennis for all ages and abilities, as well as give maximum opportunities for club players to develop their skills in our Club Development Programme.

The programme will be run by 2 experienced CCA level 4 coaches, Neil Harden and David Mclean and will use the facilities of both Tennis clubs Lomond Park and St Serfs. Currently there is a weekday programme scheduled with a larger programme planned to be introduced soon, which will include Saturdays and also our Club Development Programme.

Deuce Academy

Within our programme we will have two areas, Club level tennis and Development Club level.

Club Level Tennis is for all ages and level of players encouraging participation within tennis, this is a great way to become involved in the programme where all players will have the chance to develop their skills.

Development Club Level is a more advanced stage in our programme for team players and also players showing signs of development current and future. (Further details will be available on the Development club in March.)

Each level will cater for all ages Primary School children will be part of the Mini Tennis programme and the Secondary School children will join in the Junior Tennis programme.

Mini Tennis there are 4 levels covering all age groups:

- Tots (Pre-school)
- Red (P1-P2)
- Orange (P3-P4)
- Green (P5-P7)

Junior tennis is a smaller part of the programme so limited choice is available at present however plans are in place to develop this after Easter.

Location

The coaching programme will run over the two tennis clubs so please when booking classes take care to read where your class will be run.

Any questions regarding coaching please contact Neil Harden on 07786268709 or Dave Mclean on 07977414644 or email us on coaching@deuceacademy.co.uk

Attached to this letter we have a programme schedule and an application form. If you are interested in a class please fill in and return. Applications can be submitted via email if preferred.

Regards

Neil Harden & Dave Mclean
Club Coaches



Coaching Schedule 2009

Term 1 2nd March – 3 April (5weeks)

Time/day	Location	Cost	Description
Tots Pre-school			
Monday 1530-1600	St Serfs	Non-member: £12.50 Member: £10	Introduction to tennis for pre school children's parents are asked to help out in sessions
Thursday 1530-1600	Lomond		
Red P1-P2			
Monday 1600-1645	St Serfs	Non-member: £18.75 Member: £15	Red ball mini tennis is for players aged 8 and under. It is played on smaller courts with shorter rackets and softer balls. It's just like the real thing and will give you the chance to have long rallies and play different types of shots, which should be lots of fun.
Thursday 1600-1645	Lomond		
Friday 1300-1345	St Serfs		
Orange P3-P4			
Monday 1645-1745	St Serfs	Non-member: £25 Member: £20	Orange ball mini tennis is for players aged 8 and 9. It is played on slightly larger courts than red ball, with bigger rackets and balls that are not as soft as red balls. It's the next stage to go through before you start playing on a full sized court and it will help players develop all the different shots, providing fun competition
Tuesday 1545-1645	Lomond		
Friday 1345-1445	St Serfs		
Green P5-P7			
Monday 1645-1745	St Serfs	Non-member: £25 Member: £20	Green ball is the next step after orange ball mini tennis. It is played on a full tennis court, with bigger rackets and balls that are a little softer than yellow balls. It's the next stage to go through before you start playing with a full compression yellow ball on a full sized court and it will help players work on and improve all aspects of their game.
Tuesday 1645-1745	Lomond		
Thursday 1645-1745	Lomond		
Juniors S1>			
Friday 1630-1730	St Serfs	Non-member: £25 Member: £20	Yellow ball competition is for players aged 11 and over. It is played on a full tennis court, with full size rackets and full compression yellow balls. It's the last stage of your tennis development and the technique and skills that you have developed through the stages of mini tennis can now be put into practice.



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APPLICATION FORM

Name		D.O.B	
Address			
Mobile No.		Home No.	
Home Number			
Email Address (please print)			
Emergency Contact			
Any medical condition the coach should be aware of			

I wish to receive further information via e-mail

Class (es) Booking into

Class	
Day	
Time	

Signature of Parent/Guardian: _____ Date: _____

Please complete this form together with a cheque made payable to 'Neil Harden' and send to **Neil Harden 5/3 Dock Street, Edinburgh EH6 6HU** as soon as possible, as places are filled on a first come, first served basis.