



BRAMFORD  
TENNIS CLUB

# BRAMFORD TENNIS CLUB - MEET OUR COACH

## ABOUT ME

*Hi, my name is Carl Douglas, an experienced, award winning (Suffolk LTA coach of the year 2018) LTA Accredited + coach working at Bramford Tennis Club*

*My goal is to grow grassroots tennis by working with community tennis clubs to create and deliver engaging and exciting junior, adult and family group coaching sessions.*

*As an Accredited + Coach you can be assured that I continuously update my skills, fully comply with all LTA safeguarding standards and am also first aid qualified.*

*For juniors our programmes include Tennis for Kids and Mini Tennis (ages 5-11) and Hot Shots (age 11+). For adults we run Tennis 3's social tennis, Tennis Tuesdays (ladies only session) and Cardio tennis fitness classes.*

*1:1 coaching is also available by arrangement (see contact details)*



**Carl Douglas**  
Tennis Coaching 

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## CONTACT DETAILS

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