



## Cheam LTC Junior Programme – Spring Term 2024

At Cheam LTC, the team at **Ace Coaching** offers tennis classes starting at 3 years old and continuing to players at 18 years old. Our specially trained LTA coaches will ensure each and every kid has a great tennis experience within an inclusive environment.

### Our Team

Amit Mohindra, Ash Horsman, Natasha Mellon & Vimal Patel



### Our Classes

- Active and dynamic tennis sessions for kids of all ages and ability
- Technical and tactical tennis coaching to enable players to serve, rally, and eventually play a match
- We'll help kids develop important athletic and motor skills, fundamental to their early physical development
- Low player to coach ratio in each hourly class so that we can provide the best possible tennis experience for your child
- A series of fun challenges, games or matches during the last lesson of term, known as Match Week
- Feedback report to track your child's progress (twice a year)

### Ace Coaching Class Levels

- **Starter Stage:** *For players new to tennis. Learn the fundamentals of tennis: contact point, forehands, backhands, serve, and eventually to rally and tennis exchange. Focusing on developing the key ABC skills (Agility, Balance and Coordination) for tennis.*
- **Development Stage:** *For players who know and can demonstrate all the teaching points of serves, forehand and backhands and have started to rally and serve. Players are improving the fundamentals of tennis, particularly technical and physical elements to*

*improve and increase tennis exchange and specific tennis movements. Players are playing once but are encouraged to play twice a week.*

- **Plus Stage:** *Invitational classes for players who can rally and serve. At this stage, there is a greater focus on improving player's technical and physical abilities while increasing tennis exchanges whilst tracking the ball on the move. Competition is gradually incorporated into lessons. Players are required to be playing at least twice a week and expected to play internal competitions outside of lesson time. These players are showing real signs of commitment to the sport.*
- **Ace Academy Stage:** *Invitational squad classes for our most advanced players. Further developing dynamic movements and skill acquisitions, some of which they are able to regularly apply. Introducing tactical elements while also working on their mental approach to their game. Players are expected to play internal and external competitions outside of lesson time.*

## **Booking Information**

Our latest term-time classes are running from Monday 8th January to Thursday 28th March 2024 (No lessons between 12th and 16th February for Half-Term).

Junior Coaching Courses must be booked online prior to the course commencing:

<https://clubspark.lta.org.uk/CheamLawnTennisClub/Coaching/Junior>

## **Class Timetable**

Don't know which class to book? Ask us!

Email Amit on [tennisamit@gmail.com](mailto:tennisamit@gmail.com) or call 07947408901

Stage	Age	Day	Time	Term Cost
Blue	4-5	Wednesday	15.40-16.30	£121.00 (11 Weeks)
Blue	3-5	Saturday	10.00-11.00	£132.00 (11 Weeks)
Red Starter	5-7	Monday	15.40-16.30	£121.00 (11 Weeks)
Red Starter	5-7	Friday	15.40-16.30	£110.00 (10 Weeks)
Red Starter	5-7	Saturday	09.00-10.00	£132.00 (11 Weeks)
Red Development	5-7	Monday	15.40-16.30	£121.00 (11 Weeks)
Red Development	5-7	Tuesday	15.40-16.30	£121.00 (11 Weeks)

<b>Red Development</b>	5-7	Wednesday	16.30-17.30	<b>FULLY BOOKED</b>
<b>Red Development</b>	5-7	Saturday	09.00-10.00	£132.00 (11 Weeks)
<b>Orange Starter</b>	8-10	Tuesday	16.30-17.30	£143.00 (11 Weeks)
<b>Orange Starter</b>	8-10	Saturday	11.00-12.00	£143.00 (11 Weeks)
<b>Orange Development</b>	8-10	Monday	16.30-17.30	£143.00 (11 Weeks)
<b>Orange Development</b>	8-10	Thursday	16.30-17.30	£143.00 (11 Weeks)
<b>Orange Development</b>	8-10	Saturday	10.00-11.00	<b>FULLY BOOKED</b>
<b>Orange Plus</b>	8-10	Monday	16.30-17.30	£143.00 (11 Weeks)
<b>Orange Plus</b>	8-10	Wednesday	16.30-17.30	£143.00 (11 Weeks)
<b>Orange Plus</b>	8-10	Thursday	16.30-17.30	£143.00 (11 Weeks)
<b>Orange Plus</b>	8-10	Friday	16.30-17.30	£130.00 (10 Weeks)
<b>Orange Squad</b>	8-10	Monday	16.30-17.30	Please Enquire
<b>Orange Squad</b>	8-10	Wednesday	16.30-17.30	Please Enquire
<b>Orange Squad</b>	8-10	Friday	16.30-17.30	Please Enquire
<b>Green Starter</b>	10-14	Tuesday	16.30-17.30	£143.00 (11 Weeks)
<b>Green Starter</b>	10-14	Thursday	17.30-18.30	£143.00 (11 Weeks)
<b>Green Development</b>	10-14	Saturday	10.00-11.00	<b>FULLY BOOKED</b>
<b>Green Development</b>	10-14	Friday	16.30-17.30	£130.00 (10 Weeks)
<b>Green Plus</b>	10-14	Tuesday	17.30-18.30	£143.00 (11 Weeks)
<b>Green Plus</b>	10-14	Saturday	11.00-12.00	£143.00 (11 Weeks)
<b>Yellow Starter</b>	12-16	Monday	17.30-18.30	£143.00 (11 Weeks)
<b>Yellow Starter</b>	12-16	Thursday	17.30-18.30	£143.00 (11 Weeks)
<b>Yellow Starter</b>	12-18	Saturday	12.00-13.00	<b>FULLY BOOKED</b>
<b>Yellow Development</b>	12-18	Monday	17.30-18.30	£143.00 (11 Weeks)
<b>Yellow Development</b>	12-18	Thursday	17.30-18.30	£143.00 (11 Weeks)
<b>Yellow Development</b>	12-18	Friday	17.30-18.30	<b>FULLY BOOKED</b>
<b>Yellow Development</b>	12-18	Saturday	12.00-13.00	<b>FULLY BOOKED</b>
<b>Yellow Squad</b>	10-15	Monday	17.30-18.30	<b>FULLY BOOKED</b>
<b>Yellow Squad</b>	10-15	Tuesday	17.30-18.30	£143.00 (11 Weeks)
<b>Yellow Squad</b>	10-18	Wednesday	17.30-18.30	£143.00 (11 Weeks)
<b>Yellow Squad</b>	13-18	Thursday	17.30-18.30	£143.00 (11 Weeks)
<b>Yellow Squad</b>	13-18	Friday	17.30-18.30	<b>FULLY BOOKED</b>

## **Ace Coaching Information**

See terms and conditions here:

<https://clubspark.lta.org.uk/CheamLawnTennisClub/Coaching/Junior/Terms>

- There are good discounts available for multiple bookings. This could be a sibling or the first child taking a second lesson. Please email to receive a discount code.
- We are delighted to work with the following schools. Avenue Primary Academy, St Dunstan's School, Seaton House, Cuddington Croft, and Sutton Grammar. We offer a school discount to pupils at these schools. Please email to receive a discount code.
- Prices are prorated if you join midway through the term
- Bookings are refundable up to 14 days after purchase from Ace Coaching / OR 7 days into the start of term. Booking fee cannot be refunded.
- If WET weather lessons are cancelled, lessons can be made up on alternative classes during the week. It is your responsibility to arrange this with the coach.
- End of term feedback report will be given to each child (twice a year), and the coach can progress a player up to a higher group
- To participate in any coaching sessions, you will need to be a junior member of Cheam LTC, please visit <https://www.cheamtennisclub.co.uk/purchase-membership/>
- Tennis rackets, grips and shoes are available for purchase at special offers
- Please note that appropriate tennis footwear is essential as we have new tennis courts. Football shoes, running trainers or astro turfs are not acceptable.
- Please like our social media pages for regular information, photos, and weather updates:  
<https://www.facebook.com/acecoachingtennis/>  
<https://www.instagram.com/acecoachingtennis/>

## **Matchplays and Events**

Please see all upcoming junior events listed here:

<https://clubspark.lta.org.uk/CheamLawnTennisClub/Coaching/Junior/JuniorEvents>

### **Ace Coaching Match Week**



Ace Coaching Match Week is a fun competition designed for junior and adult tennis players. Match Week occurs during the last week of your coaching programme. Players compete in

teams for points over a series of challenges and games. The event is open to ALL players participating in lessons at Cheam LTC.

### **Cheam LTC Junior Matchplay**



Matchplay is a good chance for junior players at Cheam LTC to play some competitive tennis against their fellow peers. In two-hour sessions, they compete in singles or doubles matches against players of a similar ability. Results will be submitted to the LTA and will go towards the player's ratings. If your child doesn't have a BTM number then they can register for free with the LTA using the link. Please create the account for the junior player (not the parent): <https://www2.lta.org.uk/advantage/>

### **Cheam LTC Junior Teams**

We currently enter junior teams in the Surrey National League. This is a team-based competition with both singles and doubles. If your child wants to play for a Cheam LTC team please get in touch with Ash or Amit.

### **External LTA Competitions**

If your child is looking to compete in external competitions, please take a look on the LTA site: <https://competitions.lta.org.uk/tournaments>

## **Cheam LTC Junior Membership 2023/24**

Annual junior membership is **required** if you are participating in junior term-time coaching. The current membership year runs until 31/03/24.

Please visit <https://www.cheamtennisclub.co.uk/purchase-membership/>

### **There are a range of benefits to becoming a junior member at Cheam LTC:**

- Access to both the clay and artificial grass courts before 7pm on weekdays and at the weekends
- Entry into all tournaments at the club
- Junior team tennis and adult team tennis
- Chance to enter Wimbledon Championships ballot annually
- By joining Cheam Tennis Club, you will automatically become a member of Cheam Sports Club, which enables you to use the clubhouse and multi-screen bar.
- 10% member discount on Holiday Tennis Camps at Cheam LTC
- Clearance racket and shoe deals available through Amit
- You will be entitled to a 10% discount on goods purchased at Cheam Sports shop in
- Cheam village, on production of a valid Cheam Sports Club membership card

### **Junior Membership at Cheam LTC until April 2024**

**Mini (Under 9) £45.00**

**Junior (9-18 years) £65.00**

There is no joining fee and no court fees. The club also offers family discounted rates. Please contact **membership@cheamtennisclub.co.uk**