



## Cheam Tennis Club Junior Programme – Summer Term 2024

At Cheam Tennis Club, 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



### 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. 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 15th April to Friday 19th July 2024 (No lessons between Monday 27th May and Saturday 1st June 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 [tennisamit@gmail.com](mailto:tennisamit@gmail.com) or call 07947408901

Stage	Age	Day	Time	Term Cost
Tiny Tennis	3-4	Saturday	10.00-11.00	£144.00 (12 Weeks)
Tiny Tennis	3-5	Wednesday	15.40-16.30	£143.00 (13 Weeks)
Red Starter	5-7	Monday	15.40-16.30	£143.00 (13 Weeks)
Red Starter	5-7	Wednesday	15.40-16.30	£143.00 (13 Weeks)
Red Starter	5-7	Saturday	09.00-10.00	£144.00 (12 Weeks)
Red Development	5-7	Monday	15.40-16.30	£143.00 (13 Weeks)
Red Development	5-7	Tuesday	15.40-16.30	£143.00 (13 Weeks)

<b>Red Development</b>	5-7	Wednesday	16.30-17.30	£156.00 (13 Weeks)
<b>Red Development</b>	5-7	Friday	15.40-16.30	£143.00 (13 Weeks)
<b>Red Development</b>	5-7	Saturday	09.00-10.00	£144.00 (12 Weeks)
<b>Red Squad</b>	5-7	Wednesday	16.30-17.30	Please Enquire
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<b>Orange Starter</b>	8-10	Tuesday	16.30-17.30	£169.00 (13 Weeks)
<b>Orange Starter</b>	8-10	Thursday	16.30-17.30	£169.00 (13 Weeks)
<b>Orange Starter</b>	8-10	Saturday	11.00-12.00	<b>FULL</b>
<b>Orange Development</b>	8-10	Monday	16.30-17.30	<b>FULL</b>
<b>Orange Development</b>	8-10	Tuesday	16.30-17.30	£169.00 (13 Weeks)
<b>Orange Development</b>	8-10	Thursday	16.30-17.30	£169.00 (13 Weeks)
<b>Orange Development</b>	8-10	Saturday	10.00-11.00	<b>FULL</b>
<b>Orange Development</b>	8-10	Saturday	11.00-12.00	<b>FULL</b>
<b>Orange Plus</b>	8-10	Monday	16.30-17.30	Please Enquire
<b>Orange Plus</b>	8-10	Thursday	16.30-17.30	Please Enquire
<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	Thursday	16.30-17.30	Please Enquire
<b>Orange Squad</b>	8-10	Friday	16.30-17.30	Please Enquire
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<b>Green Starter</b>	10-12	Tuesday	16.30-17.30	£169.00 (13 Weeks)
<b>Green Starter</b>	10-14	Thursday	17.30-18.30	£169.00 (13 Weeks)
<b>Green Development</b>	10-14	Saturday	10.00-11.00	£156.00 (12 Weeks)
<b>Green Development</b>	10-14	Friday	16.30-17.30	£169.00 (13 Weeks)
<b>Green Plus</b>	10-14	Tuesday	17.30-18.30	£169.00 (13 Weeks)
<b>Green Plus</b>	10-14	Saturday	11.00-12.00	£156.00 (12 Weeks)
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<b>Yellow Starter</b>	12-18	Monday	17.30-18.30	£156.00 (12 Weeks)
<b>Yellow Starter</b>	11-16	Thursday	17.30-18.30	£169.00 (13 Weeks)
<b>Yellow Starter</b>	12-18	Saturday	12.00-13.00	<b>FULL</b>
<b>Yellow Development</b>	12-18	Monday	17.30-18.30	£156.00 (12 Weeks)
<b>Yellow Development</b>	12-18	Thursday	17.30-18.30	£169.00 (13 Weeks)
<b>Yellow Development</b>	12-18	Friday	17.30-18.30	<b>FULL</b>
<b>Yellow Development</b>	12-18	Saturday	12.00-13.00	<b>FULL</b>
<b>Yellow Squad</b>	10-15	Tuesday	17.30-18.30	Please Enquire
<b>Yellow Squad</b>	10-18	Wednesday	17.30-18.30	Please Enquire
<b>Yellow Squad</b>	13-18	Friday	17.30-18.30	Please Enquire

## Cheam Tennis Club Junior Membership 2024/25



Annual junior membership is **required** if you are participating in junior term-time coaching. The current membership year runs until 31/03/25.

Please visit [www.cheamtennisclub.co.uk/membership/](http://www.cheamtennisclub.co.uk/membership/)

### There are a range of benefits to becoming a junior member at Cheam Tennis Club:

- 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 Tennis Club
- 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 Tennis Club until April 2025

**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](mailto:membership@cheamtennisclub.co.uk)

## 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/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>