

# **OUR COACHING CHOICES**

**2019/20 v1.0**



## ADULT COACHING

- ❖ The club has a team of LTA qualified coaches who offer a full repertoire of both one-to-one and group coaching.
- ❖ Further information about coaching sessions and fees are displayed on the Head Coach's notice board in the Clubhouse.
- ❖ The typical weekly coaching programme for Adults is

Current Standard	What	When
Beginner	Designed to get players started in Tennis	Saturday 1pm – 2pm <ul style="list-style-type: none"><li>• Drop in session</li><li>• Members £5,</li><li>• Non-members £7</li></ul>
Novice/ Rusty Racket Tennis	This session has the emphasis on developing play Club plays follows	Friday 7pm – 8pm <ul style="list-style-type: none"><li>• Drop in session</li><li>• Members £5,</li><li>• Non-members £7</li></ul>
Improver	Aimed at improving technical & tactical play	Friday 7pm – 8pm <ul style="list-style-type: none"><li>• Drop in session</li><li>• Members £5,</li><li>• Non-members £7</li></ul>
Advanced	Aimed at improving technical & tactical play	Saturday 10am – 11am <ul style="list-style-type: none"><li>• Drop in session</li><li>• Members £5,</li><li>• Non-members £7</li></ul>
Heavy Hitting Drills	High impact drills session	Monday 6.30pm – 8.00pm

## JUNIOR COACHING

Current Standard	What	When
Ages 6 - 8	Mini Tennis Red	<ul style="list-style-type: none"><li>Monday</li><li>Tuesday</li><li>Wednesday</li></ul>
Ages 8 - 9	Mini Tennis Orange	<ul style="list-style-type: none"><li>Monday</li><li>Wednesday</li></ul>
Ages 9 - 10	Mini Tennis Green	<ul style="list-style-type: none"><li>Tuesday</li><li>Thursday</li></ul>
Ages 10+	Saturday Coaching	<ul style="list-style-type: none"><li>11am – 12pm Development</li><li>12pm – 1pm Advanced</li></ul>
	Invitational Members only squads	<ul style="list-style-type: none"><li>Monday: Advanced</li><li>Tuesday: Performance Advanced</li><li>Thursday: Performance Advanced</li><li>Friday: Development Advanced</li></ul>
	Members only competitions	<ul style="list-style-type: none"><li>Leagues</li><li>Club Matches</li><li>Championships</li><li>Club Sessions</li></ul>

## OTHER COACHING OPTIONS

For individual, couples, small group or family coaching sessions at any level tailored to your needs please contact Head Coach Nigel Allingham. You can call Nigel on 07432 846652 or contact him by email: [allinghamtennis@btinternet.com](mailto:allinghamtennis@btinternet.com)

## **OTHER SERVICES AVAILABLE AT THE CLUB**

- ❖ The Coaching Team will be happy to advise you on individual requirements and equipment such as racquets.
- ❖ You can purchase equipment from the club shop with a typical discount of 20% from recommended retail prices
- ❖ A racket restringing service is available.
- ❖ When you first join the Club as a new member, make sure you book yourself with a free induction session to find out more about your various tennis options.

***We look forward to welcoming you to our club soon***



**Crawley Lawn Tennis Club  
Hazelwick Avenue  
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Crawley  
RH10 1NP**