

Old St Mellons Community Council Tennis Club

It has been a fairly busy and successful autumn/winter period for the tennis club - with the exciting start of our new Head Coach – Phil Thomas and new coaching programme that he is offering at the club. Our meet the new coach open day was a huge success and Sunday social tennis has also continued to run throughout the winter months, with regular attendance which is great to see. It's been great to see so many people still getting on court (even in the wet and cold weather) and enjoying playing tennis. Let's keep hitting!



New Head Coach – Phil Thomas

We are excited to announce the start of our new coaching programme **starting January 2023**, with **new Head Coach - Phil Thomas (First Ball In)**.

Phil Thomas is a high performing level 4 SPC freelance tennis coach. With a wealth of experience of developing players from club level to county / national and international standards.

Phil is heading up the **new and exciting club programme at OSMCCTC**, where will be offering his time to players of all ages, levels of experience and ability, in the form of 1-2-1 lessons and/or small group sessions. Coaching sessions will be running during daytime midweek and weekend hours and will be available for all members of the club.



Coaching Sessions Available

Adult Sessions:

- **Sunday 10am-11:15am - Adults Improvers Session –**
Aimed at adults who have some playing experience and/or are able to rally, serve and score. **These sessions will be £7.50 each week on a pay as you go basis (first session starts Sunday 22nd January 2023).**

Junior Sessions:

- **Saturday 2:00-3:30pm - Junior Performance Squad**
Aimed at competent, advanced level yellow ball junior players aged between 10 and 14 years. Several junior performance squad players have followed Phil from his previous venue, who now wish to join OSMCCTC as members to train and compete at the club. A great high-level junior coaching opportunity to get involved with.

These sessions can be booked as a block of 6 weeks and will be £60 for members and £72 for non-members. This squad will run from Saturday 14th January 2023 - Saturday 18th February 2023.

Further junior age group sessions will be offered after our next promotional open day event, where we will be offering more free taster coaching sessions around February half term. We hope to yield more junior players from this event, where we will be able to gauge whether there is an interest and demand for different age groups/abilities sessions.

Please contact Phil directly if you are interested in group tennis coaching for your child. This way we will be able to determine if there is a demand and/or enough junior players to provide additional junior group coaching sessions for different age group/abilities.

Further Details & Booking Sessions

For details of the sessions available and to **book onto a session, please click the following link:** [FIRST BALL IN TENNIS / Coaching \(lta.org.uk\)](https://www.lta.org.uk/firstballincoaching)

We look forward to seeing lots of our members getting involved and making the most of the new coaching programme.

For any further questions or queries, please contact Phil via Email at : headcoachfirstballin@gmail.com or Tel: 07769255529.



Meet the New Coach Open Day

We are hoping to offer more open days to advertise coaching sessions for juniors and adults in the near future. The open day will offer free coaching taster sessions. Please can members look out for emails with future open days and coaching session opportunities and updates.

Social Sunday Tennis Session

This session runs **every Sunday (weather provided) from 11:15am – 12pm (straight after the adult improvers coaching session)**. All abilities are welcome and for however long or little as you wish to join in a hit. Come along and try it out, it's a great way to get practising and meet other members.

For any further information, questions or queries please contact the committee Social Secretary – **Anthony Clark** on Tel: 07906268125 or Email: welshwales1@gmail.com.

Membership – 2022/23

The **memberships for 2022/23** are still available, with amazing value memberships from £20 for individuals and £30 for families (residents).

If you would like to join or get involved with the tennis club, you can find more information on the club website via: <http://clubsparks.lta.org.uk/OldStMellonsCCTennisClub>.

Alternatively contact one of the management committee:

Liz Croad-Protheroe (Chair) - Tel: 07429120067 or Email: lizzycp@gmail.com
Ieuan Burridge-Bryant (Vice Chair) - 07533219686 or Email: ieuanbb@icloud.com

We look forward to seeing new and existing members on court soon!