



SIDMOUTH TENNIS CLUB ADULT COACHING PROGRAMME



www.sidmouthtennisclub.co.uk

Adult Coaching



Mon 3rd June - Thurs 18th July 2024 inc.



MEMBERS ONLY (except Cardio/Pickleball & Tennis Xpress)

Mondays (15th July reserved for any cancelled sessions)	Tennis Xpress (Beginners) 6 wk course (9.30-10.30am)	A taste of everything to help prepare you for playing	£36m £48nm
	Advanced Men & Ladies (10.30-12.00 noon)	Coaching, Drills, Matchplay (6 wks)	£48.00
	Rusties/Improvers 12-1.30pm	Coaching, Drills, Matchplay (6 wks)	£48.00
Tuesday	Community Cardio Tennis (6.15-7.15pm) Weekly P&P	Fun Fitness with racket in hand! Please book.	£6 m, £7 nm
Wednesday (17th July reserved for any cancelled sessions)	Intermediates/Advanced (10.30-12 noon)	Coaching, Drills & Matchplay (6 wks)	£48.00
	Rusties/Improvers (12-1.30pm)	Coaching & Matchplay (6 wks)	£48.00
Thursday (No session on 27th June or 4th July)	Community Cardio Tennis (9-10am) Weekly P&P	Fun Fitness with racket in hand! Please book.	£6 m, £7 nm
	Walking Tennis, 6 wk course (refreshments included after)	Open to non-members 10.30-11.45am	£30m, £36nm
	Pickleball Weekly P&P Please book	10.00-11.30am	£ 4m, £5 nm

Payment details:

Online payment to Sort Code 51:61:23 Account No.18161928, please quote your name as reference, or cheque payable to "Sue Wiltshire".

REPLY SLIP

Please reserve a place for myself, on the following coaching course:

.....

*Name/s:.....Tel:.....

Email..... Any relevant Medical History:

Total Payment Enclosed: Member: £.....

Non-Member: £.....

I give permission to be involved in any publicity (including photographs, TV footage, Sidmouth T.C. website) surrounding the above coaching or tournaments associated with Sidmouth Tennis Club.

NEW DATA REGULATION – The Club Secretary has on computer a list of the names and addresses of all our members, for use on our own mailing list. None of this data is available to anyone other than the member concerned or any other member with a need for access for the Club's purposes and will be removed when he/she ceases to be a member. In no circumstances whatever is any of the data passed to any other person. By signing up for the course it is assumed that there is agreement for data to be kept for communication and record keeping.

PLEASE INDICATE IF YOU AGREE TO THIS DATA BEING HELD ON COMPUTER - *YES/NO

Signed :.....

Name:.....

Please sign up by Weds 29th May '24 to secure your place

Sue Wiltshire, LTA Accredited+ Club Coach, PTR Instructor, and RPPK International Pickleball Coach

Tel: 07402 047011

Email: sue.wiltshire@talk21.com



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TENNIS COACHING GROUPS ON OFFER AT SIDMOUTH TENNIS CLUB

WALKING TENNIS

Walking Tennis is safe, fun, and inclusive way to stay active in a supportive setting! It's a game for lifelong tennis players, complete beginners, and those that just need a bit more time to get into the swing of things.

We incorporate balance & co-ordination skills, matchplay and fun games into our sessions, followed by the all important refreshments afterwards!

It's ideal for those who are

- just starting out and want to build up their confidence, are returning from injury, or need a bit more time getting to the ball for whatever reason. WT also offers older people an easy way to exercise their body and mind, whilst enjoying the social side of being part of a tennis community.

It's tennis with a few tweaks:

- you can have up to two bounces
- No running or jumping allowed
- You can play on a smaller court and use modified equipment

TENNIS EXPRESS

This 6 week fast tracked Course is all about meeting other players and having fun whilst getting to grips with the basics. Aimed at adults who are either new to the game or a little rusty, we'll help you gently build your skills to get you out there playing in no time....

Taught by our LTA Accredited coaches, our course will have you ready to serve, rally and score, setting you up with the skills to start playing tennis on a regular basis. We will use modified equipment such as slower-bouncing balls and by the end of the course, you will be ready to serve, rally and understand the scoring system.

These new skills provide the foundations to continue playing tennis on a regular basis, whether in a social or competitive environment.

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PICKLEBALL

It's easy to learn and suitable for all ages and skill levels. It's the fastest growing sport in the World, played with paddles, & it combines tennis, badminton and table tennis. The court is smaller, the ball travels slower, and serving underarm makes it easier.

RUSTIES SESSIONS

These groups aim to build confidence and improve those players returning to tennis, or who haven't played for however long (it doesn't matter!). They can find their level in this group and enjoy the social that goes with it. It's an ideal progression from our Tennis Express Course.

IMPROVER SESSIONS

Aimed at social players who are keen to learn, be challenged and meet others of a similar standard or position within the club.

INTERMEDIATE SESSIONS

Aimed at match players/those who are of match standard in the club. Ideally C/D team players, or equivalent standard. Coaching tips are offered, sessions more tactically based with emphasis on court positions.

ADVANCED SESSIONS

Aimed at A/B team match players or those of equivalent standard. Coaching tips, drills, and sessions more tactically based with emphasis on court positions.

GENERAL

We are LTA accredited coaches+ working in an LTA inclusive Club, and aim to provide a service to everyone keen to learn the game.

In all the groups at Sidmouth, we try to offer coaching, drills, matchplay and competition geared to the level in front of us.

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