



**TENNIS 4 ALL**  
**PLAYER INFORMATION PACK**





## PLAYER INFORMATION PACK

Within this pack you will have information on:

- 1) What is Tennis 4 All and Caunton Outreach clubs
- 2) Coaches
- 3) Venues -Where we teach
- 4) Tots Tennis, Mini Tennis and Junior Tennis
- 5) 1-2-1 lessons
- 6) Cardio Tennis
- 7) Adult Tennis
- 8) Ladies Coaching days
- 9) How payment works for groups
- 10) Group list for Tots, Juniors and Adults
- 11) Children's parties
- 12) End of term team challenge
- 13) Matchplay and tournaments
- 14) Events
- 15) Holiday Clubs and Camps
- 16) Showing Potential-What we offer?
- 17) Caunton Tennis Club Hoodies and accessories
- 18) Rackets, footwear and clothing

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Coach Admin- Lisa Harding    07555 783085    [lisa@tennis4all.org.uk](mailto:lisa@tennis4all.org.uk)

[www.tennis4all.org.uk](http://www.tennis4all.org.uk)

Facebook- tennis4allcoachingservices

Instagram- tennis4allcoaching

WE HAVE WHATAPP GROUPS FOR EVERY GROUP WE RUN AND THIS IS THE BEST WAY FOR US TO PROVIDE INFORMATION ON THINGS THAT ARE HAPPENING



## What is Tennis 4 All and Caunton Outreach clubs

Tennis 4 All is the trading name of Caunton Tennis Academy Limited and runs the coaching programme at Caunton Tennis Club, near Newark.

We run group coaching, and individual lessons every day of the week. We also run tennis parties, match practice sessions, Cardio tennis for adults and juniors, and Holiday camps amongst many other activities which are detailed in this pack.

Caunton Outreach Clubs is our other company which runs all of our coaching programmes at our other venues across Nottinghamshire, as well as Nurseries, after school clubs and schools coaching.

## Coaches

Our Team is made up of 8 coaches and lots of tennis leaders.

The Team:



### **James Harding -Head Coach and Head of Performance LTA Level 4 Senior Performance Coach**

James has been coaching for 17 years and has worked within various club within Nottinghamshire and South Yorkshire. James Coaches the performance and invitational groups at Caunton and works with those children who aspire to a high club or county level and above. James is currently working with many of our juniors who are part of the Notts County training team. He was awarded the 'Nottinghamshire Coach of Year' award for 2016 and 2018.

James is currently the Notts Under 9s county captain. James also represented his University 1<sup>st</sup> team in division 1 tennis.

James is available for individual lessons.



### **Zeferino Antonio-LTA Level 3 Coach**

Zef is a Level 3 coach and is a graduate from Nottingham Trent University where he studied Coaching and Sport Science. Zef played at county level as a junior and represented both college and university 1st teams in BUCS.

Zef coaches performance and invitational groups alongside other groups and individual lessons.

Zef is also the Nottinghamshire County Captain/ Coach for the Girls 12 and under county team.

Zef is available for individual lessons.



### **Jon Penney- LTA Level 3 Coach**

Jon is a Level 3 coach and works with our mini tennis players, older juniors and adults. Jon also runs one of our cardio tennis sessions which are a great fun for adults. Jon is an experienced coach at working within schools and Nurseries.

Jon is available for individual lessons.



### **Maria Cotton-LTA Level 3 Coach**

Maria is a Level 3 coach and has come through our coaching programme as a junior and has now joined the coaching team . As a player she achieved junior county level and represented Nottinghamshire. She has

undertaken her Coaching courses through the LTA along with our guidance and now coaches juniors and adults.

Maria is available for individual lessons.



### **Jamie McDermott Brown-LTA Level 3 Coach**

Jamie is an LTA Level 3 Coach who has experienced of working with all ages and also Cardio tennis. Jamie has been playing for 7 years and coaching for 4.

Jamie is available for individual lessons.



### **Daniel Smith -LTA Level 2 Coach**

Dan is an LTA Level 2 Coach and has been here with us at Caunton for around 10 years. He was coached by James and was given a tennis Scholarship to Worksop College at the age of 13. He has competed for our Men's and Mixed tennis teams. Dan spent the summer of 2019 coaching in Turkey.



### **James Thompson-LTA Level 2 Coach**

James is an LTA Level 2 Coach and has been here with us at Caunton for around 15 years when he started playing as a young junior. He is now starting his level 3 and looking to move up the coaching levels and become a full time coach. He has competed for our Men's and Mixed tennis teams.

## **Isabella Chapman-LTA Level 1 Coach**

Isabella is an LTA Level 1 Coach who has been with us at Caunton for around 10 years when she started playing tennis as a young player. She achieve a county playing standard and represented the county. Isabella is now starting her level 2 and is looking to become a full time coach.



## Venues -Where we teach

LOCATION	WHAT WE OFFER	FACILITIES
<b>CAUNTON TENNIS CLUB, Newark, NG23 6AS</b>	Adult coaching Ladies Only Coaching Adult Cardio Tennis Junior Cardio Tennis Family Cardio Tennis Tots Tennis 2-4yrs Mini Tennis 4-10yrs Junior Tennis 11-18yrs Teams Matchplay Tennis Parties Individual lessons Holiday Camps	7 floodlight hard courts Children's play area Clubhouse with viewing area TV and Wifi Kitchen facilities Changing rooms
<b>JOSEPH WHITAKER SPORTS COLLEGE, Rainworth, Mansfield, NG21 0AG</b>	Mini Tennis 4-10yrs	Indoor Sportshall Changing facilities
<b>SUTTON-ON-TRENT SPORTS AND COMMUNITY CENTRE, Newark, NG23 6QX</b>	Mini Tennis 4-10yrs	Indoor Hall Changing facilities
<b>TUXFORD ACADEMY, Tuxford, Newark, NG22 0JH</b>	Mini Tennis 4-10yrs	Indoor Sportshall Changing facilities
<b>RETFORD OAKS ACADEMY, Retford, DN22 7NJ</b>	Mini Tennis 4-10yrs	Indoor Sportshall Changing facilities
<b>LOWDHAM TENNIS COURTS, Southwell Playing Fields, Lowdham, NG14 7PS</b>	Mini Tennis 4-10yrs Teen Tennis Adult Coaching	2 Outdoor courts Changing Facilities
<b>BALDERTON SALVATION ARMY HALL, Newark, NG24 3GA</b>	Mini Tennis 4-10yrs	Indoor Hall
<b>DUKERIES LEISURE CENTRE, Boughton, New Ollerton, NG22 9JJ</b>	Mini Tennis 4-10yrs	Indoor Sportshall Changing facilities
<b>LONG BENNINGTON PAVILION, Newark, NG23 5DJ</b>	Tots Tennis 2-4yrs Mini Tennis 4-10yrs	Indoor Hall Changing facilities
<b>WINTHORPE TENNIS COURTS, Newark, NG24 2NL</b>	Mini Tennis 4-9yrs Junior Tennis 10+ Adult Coaching	2 Outdoor courts Children's play area next door



## **Tots Tennis, Mini Tennis and Junior Tennis**

### **Tots Tennis**

Tots Tennis is for children ages 2-4 years. We incorporate child development and learning with tennis games and skills. We aim to improve children's tennis whilst developing key skills including counting, colour recognition, agility, balance, coordination and body awareness. All sessions are run by a fully licensed coach with (DBS) clearance.

### **Mini Tennis (4-10 years)**

#### **What is Mini Tennis?**

Mini Tennis is a great introduction to the sport for young children between 4 and 10 years old. It's just like the real thing, but with smaller courts, nets and rackets and lower-bouncing balls. This enables children to develop their all around tennis game and a comprehensive set of skills

There are three levels of Mini Tennis; Red, Orange and Green, each with their own court size and type of ball. This tailored approach, based on age and physical maturity enables players to develop vital skills and techniques at an early age.

The low compression balls used in Mini Tennis are now being used by clubs and coaches across the UK to introduce adult beginners to the sport. The slower and lower bouncing balls make it far easier to learn the game.

#### **Red – 8 Years and Under**

Red ball is a great way for players to start out in tennis and is for players aged 8 and under. It is played on smaller courts with shorter rackets and softer balls. It's just like the real game and gives players opportunities to have long rallies and play different types of shots.

#### **What age is red ball mini tennis aimed at?**

Red ball mini tennis is for players aged 8 and under.

#### **What ball is used?**

A red sponge ball is used indoors and a red felt ball is used outdoors.

#### **What size court is red ball played on?**

A court with dimensions of 11m x 5.5m. It's fine to use badminton court lines.

**What height is the net?**

The net is lower than yellow ball tennis at a height of 80cm (31").

**What racket is best to use?**

A shorter racket of 43cm-58cm (17"-23") is recommended.

**Orange – Ages 8 & 9**

Orange ball is a great way for players to continue their progress from red ball and is for players aged 8 and 9. It is played on slightly larger courts than red ball, with bigger rackets and balls that are not as soft as red balls. It's the next stage to go through before you start playing on a full sized court and it will help players develop all the different shots, providing fun competition.

**What age is orange ball mini tennis aimed at?**

Orange ball mini tennis is for players aged 8 and 9.

**What ball is used?**

An orange ball is used. It has a low compression that makes it bounce lower, giving the player better control at an important stage of their development.

**What size court is orange ball played on?**

Orange ball is played on a singles court of 18m x 6.5m and a doubles court of 18, x 8.23m (so the full width of a singles court)

**What height is the net?**

80cm (31") at the middle of the net

**What racket is best to use?**

A racket of 58cm- 63cm (23"-25") is recommended

**Green – 10 Years Old**

Green ball is a great way for players to continue their progress from orange ball mini tennis. It is played on a full tennis court, with bigger rackets and balls that are a little softer than yellow balls. It's the next stage to go through before you start playing with a full compression yellow ball on a full sized court and it will help players work on and improve all aspects of their game.

**What age is green ball mini tennis aimed at?**

Green ball mini tennis is for players aged 9 & 10.

**What ball is used?**

A green ball is used, which is ideal for players moving from orange ball to actual tennis balls.

**What size court is green ball played on?**

Green ball is played on a full tennis court for singles and doubles.

**What height is the net?**

The net is at full height – 91cm (36").

**What racket is best to use?**

A bigger racket of 63cm-66cm (25"-26") is recommended

## **Junior Tennis**

Our Junior Development coaching is for anyone from age 11 - 18 years. We have groups every night of the week for our Juniors.

We provide sessions for those beginning their tennis journey or for those who have already passed through the mini tennis pathway and are now progressing onto the full court with the yellow tennis balls.

Our sessions focus on improving the 4 keys areas of tennis- Technical, Tactical, Physical and Mental. We incorporate this into all sessions in a fun and game based approach to help maximise learning.



## **1-2-1 lessons**

Our coaches provide individual lessons to all those from the club and can provide 30 minutes or 1 hour lessons on a weekly basis or a more ad hoc basis. These lessons can be focused on your requirements for your game. They can also be shared with another player.

To book an individual lesson please contact James on 07771 962964



## Cardio Tennis

### Looking for a new way to work out?

Cardio Tennis is a fun, sociable group fitness class set on a tennis court and open to people of all ages and abilities.

Supported by music and qualified instructors, you'll get to hit lots of tennis balls during your class and have a great cardio workout at the same time.

### What is a typical class like?

Your trained Cardio Tennis instructor will lead you through a 60 minute class consisting of a short warm up and cool down either side of a 40 minute full body workout.

**Warm up** - Some dynamic stretching, skills and drills to get your body warm and mind sharp before the workout begins

**Aerobic section** - Here's your chance to hit loads of shots, including forehands, backhands, serves and volleys, all mixed with a variety of fitness activities

**Tennis section** - Put your shots into practice with fun tennis games. You'll never play one-on-one; your team mates will be with you all the way

**Cool down** - Well done, you made it! Now it's time to recover and stretch

**What do I need to bring?** - Bring along your own racket if you have one, if not don't worry as you might be able to borrow one from your Cardio Tennis venue. Wear comfortable gym kit and trainers. You'll be working up a sweat, so don't forget to bring a water bottle too!

**Do I need to be good at tennis?** - No! Cardio Tennis is for anyone who wants to get fit and have a go at tennis. The class moves along quickly, so no one will be judging your skills, and it doesn't matter whether the ball goes in or out.

**Do I need to be fit?** - No! Cardio Tennis is for anyone who wants to have fun getting fit.

**Do I have to be a member of a club?** - No! Most Cardio Tennis venues will offer classes on a pay and play basis.

Cardio tennis sessions take place on Tuesdays at 6.30-7.30pm, Thursdays 6.30-7.30pm, Fridays at 9.30-10.30am, Saturdays at 9-10am (Junior Cardio Tennis also at this time), Sunday 11-12 for family cardio tennis. These sessions are at a cost of £5.50 for members and £7.50 for non members.

To watch a video of a sample cardio tennis session please click here <https://www.lta.org.uk/play/types-of-tennis/cardio-tennis/what-is-cardio-tennis/>



## **Adult Tennis**

We offer Group coaching to cater for all. From our get fit Cardio Tennis sessions to Ladies morning coaching, right through to our Adult team drills for those who play for The Tennis Club Teams.

### **Ladies Morning Coaching**

These groups are run by our Head Coach James Harding. We develop all aspects of your game from technical development right through to match play and doubles training. They are great, a social experience and a great way to meet other ladies from the club.

Monday: 9.30 – 11am

Thursday : 9.30 – 11am / 11.00 – 12.30pm

Friday 10.30am-12noon

### **Adult Mixed**

This session is run by our Level 3 Coach Jon Penney. It is aimed at those who want to develop their tennis but may not yet be competing in the club's teams. It is fun, energetic and perfect for anyone looking at a starting point for their tennis.

Tuesday: 7.30- 9pm

### **Adult Team Drills**

This session is run by Zef Antonio. They are aimed at 1st and 2nd team players who are regularly playing doubles but want to improve their overall doubles play. We work on positioning, volleying, court awareness and tactical development to help you conquer all those different styles of play that you come up against each week.

Wednesday: 7.30 – 9pm



## **Ladies Coaching Days**

3-4 times per year we run ladies coaching days which always fill up fast and prove to be very popular. These run on Tuesdays or Fridays with timing normally from 9am-3pm.

The cost is £40 per player per day

Format of the day

9am Arrival for tea/coffee

9.30am on court for group warm up

9.45am-12noon Drills and teaching based around the theme of the day

12noon Lunch

1pm More drills and match play to practice what was covered in the morning session.

2.30pm Fun games to wrap up the day

If you're interested to finding out when these events are please email [lisa@tennis4all.org.uk](mailto:lisa@tennis4all.org.uk)



## How payment works for groups at Caunton Tennis Club

- Coaching is paid on a monthly direct debit. Members get a 25% discount and if someone does more than one group per week or a family does more than one group per week they receive a further 25% discount. As an example a one hour group per week for none members is £8 per week, and £6 for members and £4.50 each for families doing more than 1 group per week.
- Once setup the direct debit will continually run until you notify us. You must commit to a minimum of 1 term and if you would like to cancel then we require 1 months' notice. If you wish to cancel, then please let us know towards the end of a term. Please notify Lisa via [Lisa@tennis4all.org.uk](mailto:Lisa@tennis4all.org.uk)
- If you would like to increase or decrease the amount of coaching your family attend per week, then please let us know and we can amend the Direct Debit for all future payments.
- If you wish to access the discounted members' rates, then it is important that you join the club once the membership renewals are emailed to you from Jude in the Office. If you are not a member, then your monthly DD will be based on non-members prices.
- We are basing your monthly payments on 38 weeks coaching per year to allow for the school holidays. Payments are split into 12 monthly payment so you will still pay in the holidays but are only paying for 38 weeks coaching pe year. This is so everyone knows how much they are paying per month and we don't need to increase or decrease the amount or stop it for certain months.
- The direct debit will be debited from your account on or around the 15<sup>th</sup> of each month unless you request another date.
- If you are unable to attend your weekly group due to weather or any other reason, then you are welcome to attend another session at any point during the term. Just contact James for the groups that would be appropriate.

### Benefits to becoming a club member

- 25% discount off coaching fees
- Access to play for junior and adult teams.
- Access to the club and court whenever you wish to play
- Free events for kids (xmas party, easter egg hunt)
- Access to junior tournaments



ADULTS GROUPS							
MONDAY	9.30-11.00	LADIES COACHING	JP	£28.50	£38	£21.37	£28.50
TUESDAY	6.30-7.30	CARDIO TENNIS	JP	Members £6 None members £8			
	7.30-9.00	ADULT MIXED SESSION	JP	£28.50	£38	£21.37	£28.50
WEDNESDAY	7.30-9.00	ADULT TEAM DRILLS	ZA	£28.50	£38	£21.37	£28.50
THURSDAY	9.30-11.00	LADIES COACHING	JH	£28.50	£38	£21.37	£28.50
	11.00-12.30	LADIES COACHING	JH	£28.50	£38	£21.37	£28.50
	6.30-8.00	CARDIO TENNIS	JP	Members £6 None members £8			
FRIDAY	9.30-10.30	CARDIO TENNIS	JH	Members £6 None members £8			
	10.30-12.00	LADIES DOUBLES PRACTICE	JH	Members £9 None members £12			
SATURDAY	9.00-10.00	CARDIO TENNIS	MC	Members £6 None members £8			
	9.00-10.00	JUNIOR CARDIO TENNIS	JT	Members £6 None members £8			
SUNDAY	11.00-12.00	FAMILY CARDIO TENNIS	JM	Members £6 None members £8			

## Other Venues run under 'Caunton Outreach Clubs Ltd'

These group are paid for on a 5-7 week block per half term

DAY	TIME	GROUP	LOCATION	COACH	COST -PAYABLE PER HALF TERM (5-7 WEEK BLOCKS)
MONDAY	5.00-6.00	MINI TENNIS 4-10YRS	JOSEPH WHITAKER, RAINWORTH	DS	£30-42 PER HALF TERM
MONDAY	6.00-7.00	MINI TENNIS 4-10YRS	JOSEPH WHITAKER, RAINWORTH	DS	£30-42 PER HALF TERM
TUESDAY	4.45-5.45	MINI TENNIS 4-10YRS	SUTTON-ON-TRENT SPORTS CLUB	DS	£30-42 PER HALF TERM
TUESDAY	6.00-7.00	MINI TENNIS 4-10YRS	RETFORD OAKS ACADEMY	JM	£30-42 PER HALF TERM
TUESDAY	6.15-7.15	MINI TENNIS 4-10YRS	TUXFORD ACADEMY	DS	£30-42 PER HALF TERM
THURSDAY	4.00-5.00	MINI TENNIS 4-10YRS	SALVATION ARMY, BALDERTON	MC	£30-42 PER HALF TERM
THURSDAY	5.00-6.00	MINI TENNIS 4-10YRS	SALVATION ARMY, BALDERTON	MC	£30-42 PER HALF TERM
THURSDAY	4.00-5.00	MINI TENNIS 4-10YRS	LOWDHAM TENNIS COURTS	DS	£30-42 PER HALF TERM
THURSDAY	5.00-6.00	MINI TENNIS 4-10YRS	LOWDHAM TENNIS COURTS	DS	£30-42 PER HALF TERM
THURSDAY	6.00-7.00	ADULT COACHING	LOWDHAM TENNIS COURTS	DS	£30-42 PER HALF TERM
FRIDAY	11.30-12.15	TOTS TENNIS 2-4YRS	LONG BENNINGTON PAVILLION	MC	£30-42 PER HALF TERM
FRIDAY	4.00-5.00	MINI TENNIS 4-10YRS	LONG BENNINGTON PAVILLION	JM	£30-42 PER HALF TERM
FRIDAY	5.00-6.00	MINI TENNIS 4-10YRS	LONG BENNINGTON PAVILLION	JM	£30-42 PER HALF TERM
FRIDAY	6.00-7.00	MINI TENNIS 4-10YRS	LONG BENNINGTON PAVILLION	JM	£30-42 PER HALF TERM
FRIDAY	5.00-6.00	MINI TENNIS 4-10YRS	DUKERIES LEISURE CENTRE	DS	£30-42 PER HALF TERM
SATURDAY	1.00-2.00	MINI TENNIS 4-10YRS	WINTHORPE TENNIS CLUB	DS	£30-42 PER HALF TERM
SATURDAY	2.00-3.00	MINI TENNIS 4-10YRS	WINTHORPE TENNIS CLUB	DS	£30-42 PER HALF TERM
SATURDAY	3.00-4.00	ADULT COACHING	WINTHORPE TENNIS CLUB	DS	£30-42 PER HALF TERM



## Children's parties

Tennis 4 All can run children's tennis parties throughout the year for as many as 25-30 children.

We can offer the use of the Caunton Clubhouse which you can decorate with balloons etc. We have a fully equipped kitchen which you can use for food preparation and the main lounge area can be used for eating. There is also tea/coffee facilities for all parents.

Parties are usually 2 hours in length with tennis for 60-90 minutes followed by the food. We will provide a coach or coaches to run the tennis element of the party and then parents just need to organise the food.

We are also able to provide parties at village hall etc if its in winter but these must be booked by the customer.

For enquiries please email [lisa@tennis4all.org.uk](mailto:lisa@tennis4all.org.uk)





## End of term team challenge



On the last week of each term we will be running 'Team Competition week'. This will be matches, fun games etc. Every player, both juniors and adults from the coaching group will be given a colour (Red or Blue). You will be competing for that team on each match week every term. Every match or game from every group will be added to the teams score throughout the week and updates will be posted on Facebook each day. The results at the end of the week will be announced on Facebook.

We feel this is a great way to finish a term and get everyone engaging in some sort of competition.

If you can wear something of your teams colour that would be brilliant

To see updates and the results please like our Facebook page @tennis4allcoachingservices or on Instagram 'tennis4allcoaching'



## Matchplay and tournaments

What is on offer:

- Mini Tennis League matches against other clubs
- Junior League matches against other clubs
- Caunton Masters series tournaments
- Caunton Grade 5 tournaments
- A full range of competitions for all levels and ages of juniors at many venues across Notts and the Midlands. Search <https://www3.lta.org.uk/Competitions/Search/>

Please see our Matchplay and tournament booklet for a complete guide on competition within tennis.



## Events

For full information on events at the club please see our Events information pack. Some of our events are;

Open Day

Leaders courses for trainee coaches

Easter Egg Hunt

Xmas Party

Parent and child Competitions

Fun Doubles events

End of term adult socials

Ladies coaching days

Plus more .....

## Holiday Clubs and Camps

Holiday Camps for children ages 4-16 years plus Tots Tennis Camps for children 2-4 years. More information can be found in our holiday camp information pack.

Our Holidays Camps are great fun for any age from 4 up to 16 years. Our aim through the holidays camps is to provide a fun and safe environment where the children can develop their tennis skills and make new friends.

We provide all rackets and equipment (unless you have their own). Children need to bring a packed lunch (full day only), a drink, plenty of snacks, warm clothes, sun cream, a sun hat & a rain coat. It is ideal to bring a water bottle which can be refilled.

We will never cancel due to rain. We have fabulous indoor facilities where we can teach tennis strategy and game play for older children. We have a table tennis table, arts and crafts materials, puzzles and games.

The camps run for February Half Term, 2 weeks at Easter, May Half Term, 4 weeks throughout the summer and 2 weeks in October Half Term. We have a big group warm up each day where the children have chance to interact with all other children attending the camp. We then split the groups based on age and ability and each group will be looked after by their coach. We have 7 courts so there is plenty of room to spread out.

All camps can be booked at [www.cauntontenniscamps.co.uk](http://www.cauntontenniscamps.co.uk)



## Showing Potential-What we offer

### What is the 'Caunton Aces Performance Tennis' programme

The Aces programme is performance coaching for players who are identified as showing potential to be high club, county players or higher.

Players are put into specific groups within the club which are by invite only and are run by our Performance Coaches James Harding and Zeferino Antonio. Within these group, which push players and attempt to provide them with the necessary skills to achieve their full potential with tennis. All groups includes athletic skills development/fitness which is extremely important for the children's development. Week 1 of each new term is 'Goal setting' which we then evaluate on the first week of the next term and then set new goals.

In addition to the group Coaching, it is ideal for players to also have an individual lesson with one of our coaches. These can be booked by contacting James who can help select the right coach for your child.

To develop the children's tennis they will also need to be playing regular matches and tournament play

### What players are selected to be part of the 'Caunton Aces Performance Tennis'

We selected players who we identify as possessing the skills required or potential to become a good club level player, county player or higher.

Things we are looking for:

- 1) Athletic skills
- 2) Good hand-eye coordination
- 3) Good focus and concentration
- 4) Resilience
- 5) A good attitude
- 6) A will to win
- 7) Emotional control
- 8) A great attitude to learning
- 9) Love the sport

We will be looking for these attributes in players and although these will be developing all the time we are looking for children who we believe have some of these fundamentals which are crucial to tennis development.

If we feel this programme is right for your child we will contact you,



## Caunton Tennis Club Hoodies

We sell Caunton Tennis Club hoodies for £18 each for juniors and £25 for Adults. They come in sizes from 3 upwards and in various colours including: Black, charcoal, royal blue, navy, and pink.



## Wilson Rackets, footwear and clothing

We have a full range of Wilson junior and adult rackets, tennis trainers, clothing, balls, clothing and accessories.

We have demo rackets available to try out as it is important that you get fitted with the right racket.

We have a range of items in the Caunton Clubhouse but can also be ordered online at [www.cauntonaces.co.uk](http://www.cauntonaces.co.uk)

It is not compulsory but highly recommended that you have tennis shoes for added grip and on court safety.