



**NEW.....Double Course Discount!**  
Sign up for 2 courses.....and minus £20 off!

**Early Bird Discount of - £5 if pay before Sat 11<sup>th</sup> Feb 2012**

# Clifton College Indoor Tennis

## Adult Tennis Course Application Form

**March 2012**

### Wednesdays

6 x week courses – Starts Wed 22<sup>nd</sup> Feb – Finishes Wed 28<sup>th</sup> March 2012

		<u>BACS</u>	<u>Cheque</u>
<b>AS1. Adult</b>	<b>Cardio Tennis – Squad A</b>	6.00pm – 7.00pm	£55.00    £60.00
<b>AS2. Adult</b>	<b>Cardio Tennis – Squad B</b>	7.00pm – 8.00pm	£55.00    £60.00

### Thursdays

6 x week course – Starts Thurs 23<sup>rd</sup> Feb – Finishes Thurs 29<sup>th</sup> March 2012

<b>AS3. Adult</b>	<b>Beginners Evening</b>	7.30pm – 9.00pm	£60.00    £65.00
<b>AS4. Adult</b>	<b>Intermediate Evening</b>	7.30pm – 9.00pm	£60.00    £65.00

### Fridays

6 x week course – Starts Friday 24<sup>th</sup> Feb – Finishes Friday 30<sup>th</sup> March 2012

<b>AS5. Adult</b>	<b>Intermediate Evening</b>	7.00pm – 8.30pm	£60.00    £65.00
<b>AS6. Adult</b>	<b>Advanced Evening</b>	7.00pm – 8.30pm	£60.00    £65.00

### Sundays

6 x week course – Starts Sunday 26<sup>th</sup> Feb – Finishes Sunday 25<sup>th</sup> March 2012

<b>AS7. NEW Adult</b>	<b>Club Afternoon</b>	2.00pm – 4.00pm	£60.00    £65.00
<b>JS8. NEW Junior</b>	<b>Club Afternoon 8-16yrs olds</b>	2.00pm – 4.00pm	£60.00    £65.00

Special Early Bird Discount of - £5 if pay before Sat 7<sup>th</sup> Jan = - £5.00

I have signed up for 2 courses & want to claim my 'Double Course Discount ' = - £20.00

**Course/s Total = £ \_\_\_\_\_**

Payment by **BACS** to **First Service Tennis** at **HSBC Bank UK, Bristol**. **Sort Code: 40-14-09 Account Number: 31480715** (Please quote Course Code & your name on all Payments and email Players details to [greg@firstservicetennis.com](mailto:greg@firstservicetennis.com) as slip below) If paying by cheque, make payable to First Service Tennis & send with completed form below to Director of Tennis, Clifton College Sports & Leisure, Abbots Leigh Road, Abbots Leigh, Bristol. BS8 3QD by Saturday 11<sup>th</sup> Feb 2012 to secure your place and early Bird discount!

For further info contact Greg on **Mobile 07929 900715** or website [www.firstservicetennis.com](http://www.firstservicetennis.com)

**www.firstservicetennis.com**



## ADULT Application Form Clifton College Indoor Tennis March 2012

Name.....D.O.B..... Course/s Code/s.....

Address.....I have paid using BACS/ by cheque (please delete) Total £.....

.....Any Medical Conditions?.....

B.T.M. No. .... Mobile/s...../.....

Email..... SIGNED.....

How did you find out about this course?.....

By filling in this form, you are also being automatically signed up as a British Tennis Member for FREE. This will enable you to take advantage of their many benefits including Wimbledon tickets, a Player Rating and a lot more besides..... please visit [www.LTA.org.uk/membership](http://www.LTA.org.uk/membership). By giving your consent, you agree that you will abide by the Terms and Conditions of British Tennis Membership (See [www.LTA.org.uk/BTMTCC](http://www.LTA.org.uk/BTMTCC)) and that the LTA can use your personal data for the purposes of your involvement in British Tennis, and to send to you by post/e-mail or SMS info related to those purposes. Please do not include me for the FREE British Tennis Membership (tick here)

**www.firstservicetennis.com**



# Adult Course Description

**Adult Beginners** - For adults who want to start learning the game and are looking for a new challenge in life – look no further! Sessions will cover basic technical and tactical aspects incorporated within a games based approach which allows progressive learning, making it fun and enjoyable. Sessions will involve drills and introduction to matchplay.

**Adult Intermediate** - For those who want to further improve their technical and tactical game with a view to competing in club events/tournaments. Players should be capable of hitting with spin on all the basic strokes. A sound knowledge of the rules and tactics for both singles and doubles is required. The last week of this course will be a fun and competitive singles tournament where the results of which, will be sent off to the LTA to go towards each players rating!

**Adult Advanced** - This course is aimed at players who have a sound understanding of all the basic strokes and will provide an invaluable insight into the more advanced tactics for both singles and doubles. The sessions will involve a range of drills to improve technique and gain a greater understanding of the tactics, together with an opportunity to meet up with fellow competitors of similar high standard to train against in point and matchplay. The last week of this course will be a fun and competitive singles tournament where the results of which, will be sent off to the LTA to go towards each players rating!

## **New Adult CLUB AFTERNOON – For players of Intermediate to Advanced Level**

This course of Sunday Afternoons is more of a social get together of sorts , where the window of time and booked courts allows players to turn up and lead the session! There is no coach present for the 'Club Afternoon', except for on the Junior equivalent, that will have one supervisory coach on adjacent courts running at the same time! It is expected of the Adult players present to actively organize themselves into friendly but evenly matched doubles play! It is recommended by the Director of Tennis that a short set be played, first to 6 Games, and with a sudden death point played at deuce for every game! The winning pair should then be able to decide to stay on court and separate or rest up for the next set, if court space does not allow continuous play. Waiting players should be invited to mix in after every set!

**Adult Cardio Tennis – SQUAD A** - This session is based around basket drills to high intensity music! Players must be fit and prepared to work at a high tempo. The drills will be technically based with players hitting lots of balls, working at maximum rates and raising the pulse levels high. Players have to be of the **Intermediate or Advanced** tennis playing standard!

**Adult Cardio Tennis – SQUAD B** - This session is based around basket drills to high intensity music! Players must be fit and prepared to work at a high tempo. The drills will be technically based with players hitting lots of balls, working at maximum rates and raising the pulse levels high. Players can be of the **Beginner to Intermediate** tennis playing standard!

[www.firstservicetennis.com](http://www.firstservicetennis.com)