



Clifton Indoor Tennis Centre

Junior - Term Time Tennis



Course Application Form September 2010

Saturdays

New 10 x week courses – starting Saturday 11th Sept 2010

			<u>BACS</u>	<u>Cheque</u>
J1. Junior Development Red	6 - 8yrs olds	9.30 – 10.30am	£80.00	£85.00
J2. Junior Performance Red	6 - 8yrs olds	9.30 – 10.30am	£80.00	£85.00
J3. Junior Development Orange	8-10yrs olds	10.30 – 11.30am	£80.00	£85.00
J4. Junior Performance Orange	8-10yrs olds	10.30 – 11.30am	£80.00	£85.00
J5. Junior Development Green	10-12yrs olds	11.30 - 12.30pm	£80.00	£85.00
J6. Junior Performance Green	10-12yrs olds	11.30 - 12.30pm	£80.00	£85.00
J7. Junior Challenger	11-16yrs olds	11.30 - 12.30pm	£80.00	£85.00

Tuesdays

New 10 x week courses – starting Tuesday 14th Sept 2010

J8. Junior Performance Academy B	11-14yrs olds	6pm - 7.30pm	£80.00	£85.00
J9. Junior Performance Academy A	14-18yrs olds	6pm - 7.30pm	£80.00	£85.00

Thursdays

New 10 x week courses – starting Thursday 16th Sept 2010

J10. Junior Development Red	6 - 8yrs olds	6.00 – 7.00pm	£80.00	£85.00
J11. Junior Performance Red	6 - 8yrs olds	6.00 – 7.00pm	£80.00	£85.00
J12. Junior Development Orange	8-10yrs olds	6.00 – 7.00pm	£80.00	£85.00
J13. Junior Performance Orange	8-10yrs olds	6.00 – 7.00pm	£80.00	£85.00
J14. Junior Development Green	10-12yrs olds	7.00 – 8.00pm	£80.00	£85.00
J15. Junior Performance Green	10-12yrs olds	7.00 – 8.00pm	£80.00	£85.00
J16. Challenger Junior	11-16yrs olds	7.00 - 8.00pm	£80.00	£85.00

Fridays

New 10 x week courses – starting Friday 17th Sept 2010

J17. Junior Performance Academy B	11-14yrs olds	5.30 - 7.00pm	£80.00	£85.00
J18. Junior Performance Academy A	14-18yrs olds	5.30 - 7.00pm	£80.00	£85.00

Course/s Total = £ _____

N.B. The above courses will not be running at Half Term between the dates and including Sat 23rd Oct to Saturday 30th Oct! During this Half Term we have our 3 Day Tennis Camp, details and application form can be found on the courses page, website www.firstservicetennis.com

Payment by **BACS** to **First Service Tennis** at **HSBC Bank UK, Bristol**. **Sort Code: 40-14-09 Account Number:**

31480715 (Please quote Course Code & players name on all Payments) If paying by cheque, make payable to First Service Tennis & send with completed form to Director of Tennis, Clifton Indoor Tennis Centre, Abbots Leigh Road, Abbots Leigh, Bristol. BS8 3QD by Friday 27th August to secure your place! For further info contact Greg on **Mobile 07929 900715** or email greg@firstservicetennis.com

www.firstservicetennis.com



JUNIOR Application Form

Clifton Indoor Tennis Centre

Sept 2010



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

Address..... School..... Total = £.....

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

Mobile..... Home Tel.....

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

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

www.firstservicetennis.com



Junior Course Description

Junior Development Red - For beginners aged 6- 8 years and who wish to start learning tennis.

Sessions will cover basic co-ordination, racket and ball skills and various fun games – the emphasis is very much on FUN and skill learning. They will be introduced to the basic strokes to play the game, and will continue to build on their athletic, balance and co-ordination skills.

Junior Performance Red - For advanced players aged 6- 8 years and who wish to really add to their tennis skills and shots. Sessions will cover preparatory games in order to progress as quickly as possible to actual point play – the emphasis is still very much on FUN but they will be grooved more on the basic strokes of the game, and will continue to build on their athletic, balance and co-ordination skills. Please ask the Director of Tennis as to how you now go about getting your LTA Rating.

Junior Development Orange - For beginners aged 8 – 10 progressing from Mini Tennis Red, who have developed their skills sufficiently to move onto a modified size court with low compression balls. Equipment, court size and rules are adapted to cater for the players' ability. Sessions will cover co-ordination and movement exercises, basic rules, technique and tactics of the game.

Junior Performance Orange - For advanced players aged 8 – 10 who are progressing quickly, and who have developed their skills sufficiently to move onto a modified size court with low compression balls. Sessions will cover more actual stroke production drills, matchplay and the basic rules and tactics of matchplay ready for some local, fun tournament action. Please ask the Director of Tennis as to how you now go about getting your LTA Rating.

Junior Development Green - For beginners aged 10- 12 , who have progressed through the lower levels. Sessions will focus on developing technique on all strokes and explore tactical situations incorporating a games based approach to enhance new skills and extend learning. Sessions will build on all aspects covered in Orange with more drills and matchplay.

Junior Performance Green - For advanced players aged 10- 12 , who are progressing quickly in the game. Sessions will continue to focus on grooving technique on all strokes and are now really geared up to getting them playing competitively and ready for some local, fun tournament action. Please ask the Director of Tennis as to how you now go about getting your LTA Rating.

Junior Challenger - For Intermediate level 11–16 year olds, who have completed the Mini Tennis Green. They must be able to maintain a groundstroke rally from the baseline, be able to serve overarm and play a game of singles/doubles. Basic knowledge of the rules is essential. Sessions will include technique and tactics incorporated within drills and games. This course is intended for players who wish to play in tournaments and gain an LTA rating.



Junior Performance Academy B (invitational only)

- For advanced players aged 11- 14 years, who are involved or have the potential to progress into the County programme, who have a good understanding of the rules and tactics for both singles and doubles. Players should be able to rally from the baseline and be able to play all the basic strokes with spin, pace, depth and accuracy. Sessions will cover technical, tactical, physical and mental aspects of the game. Players wishing to attend this course should have an LTA rating, already play in tournaments and be approved by the Director of Tennis.

Junior Performance Academy A (invitational only)

-These squads are designed for advanced players aged 14- 18 years, who are involved or have the potential to progress into the County programme and are regularly competing in tournaments with an LTA rating. Sessions will prepare players for tournaments and matchplay, focusing very much on the 4 performance factors – technical, tactical, physical and mental aspects of the game. Any player invited by the Director of Tennis into these squads is invited to play for the club in the NJCL.

[www . f i r s t s e r v i c e t e n n i s . c o m](http://www.firstservicetennis.com)