



PRIZES & Certificates for everyone!

Easter Holiday 3 Day Tennis Camps 2010

9.30am – 1pm each day!

**Course Cost is just £45/player if paying using BACS
.....or £50/player if paying by cheque!**

For all standard Tennis Players

Camp A Tues 6th, Wed 7th & Thurs 8th April 2010

Camp B Tues 13th, Wed 14th & Thurs 15th April 2010

@ The Clifton Indoor Tennis Centre,

**Clifton College Sports Ground, Abbots Leigh Road,
Abbots Leigh, Bristol, BS8 3QD.**

**Please contact Greg Spink (Director of Tennis) for more details on
Mobile 07929 900715 or email greg@firstservicetennis.com**

Payment by BACS to First Service Tennis at HSBC Bank UK, Bristol. Sort Code: 40-14-09 Account Number: 31480715 (Please quote 'Camp A' or 'Camp B' & Players Name on all Payments, then Email Players details as slip below to Greg) 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 Fri 25th March to secure your place!

www.firstservicetennis.com



Application Form Easter Holiday Tennis Camps 2010

Name.....D.O.B..... Home Tel.....
Address.....Email.....
.....Any Medical Conditions?.....

School

I have paid by BACS = £45/player or enclosing a cheque = £50/player

Mobile..... Please book me onto Camp A and/or Camp B

SIGNED.....

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3 Day Tennis Camp Description

Day 1

- Camp Registration** – 9.15am to 9.30am(Reception / Main Building)
- Introduction** – 9.35am
- Whole Group Warm-up** – 9.40am
- Fun Warm-up game** – 9.45am
- Tennis Training Starts** – 9.50am (Players are allowed to hit plenty of balls in the first 5 mins to allow them to get their eye in, which will then be followed by a really close look at the **Forehand** technique. After Demonstration, players will then be working in pairs to hone this newly learned skill, this is generally followed by one to one or group drill/practices and games that incorporates the players new Forehand, to help them practice and develop it)
- Mid Morning Break** – 11am to 11.20am
- Tennis Continues** – 11.20am (Focusing on the **Serve**. After Demonstration, players will be allowed to go away and practice for 5 minutes, before setting them up in a one to one or group practice and game that incorporates the players new Serve & Forehand)
- Fun Group Game to Finish** – 12.45pm
- Player collection by Parent** – 1pm (From the 'Bubble' if weather is bad or the first 3 outdoor astro courts next to the reception/main building if the weather is good, if parents are unavoidably late then they can collect their youngster from the first TV room in the main building next to reception up to 1.15pm)

Day 2

- Camp Registration** – 9.15am to 9.30am(Reception / Main Building)
- Introduction** – 9.35am
- Whole Group Warm-up** – 9.40am
- Fun Warm-up game** – 9.45am
- Tennis Training Starts** – 9.50am (Players are allowed to hit plenty of balls in the first 5 mins to allow them to get their eye in, which will then be followed by a really close look at the **Backhand** technique. After Demonstration, players will then be working in pairs to hone this newly learned skill, this is generally followed by one to one or group drill/practices and games that incorporates the players new Forehand, to help them practice and develop it)
- Mid Morning Break** – 11am to 11.20am
- Tennis Continues** – 11.20am (Focusing on the **Volley**. After Demonstration, players will be allowed to go away and practice for 5 minutes, before setting them up in a one to one or group practice and game that incorporates the players new Backhand & Volley)
- Fun Group Game to Finish** – 12.45pm



Player collection by Parent – 1pm (From the 'Bubble' if weather is bad or the first 3 outdoor astro courts next to the reception/main building if the weather is good, if parents are unavoidably late then they can collect their youngster from the first TV room in the main building next to reception up to 1.15pm)

Day 3

Camp Registration – 9.15am to 9.30am(Reception / Main Building)

Introduction – 9.35am

Whole Group Warm-up – 9.40am

Fun Warm-up game – 9.45am

Tennis Training Starts – 9.50am (Players will be allowed a 5 minute hit and a warm up drill before starting the final day Fun Tournament. Players will be grouped into their relevant age & ability group where they will undertake a fun & exciting **Round Robin Tournament** to decide the winning player of each group)

Mid Morning Break – 11am to 11.20am

Tennis Continues – 11.20am (Tournament will be concluded interspersed with a fun group or team game, we are also looking to give prizes for the most improved player and most sporting)

Fun Group Game to Finish – 12.45pm

Player collection by Parent – 1pm (From the 'Bubble' if weather is bad or the first 3 outdoor astro courts next to the reception/main building if the weather is good, if parents are unavoidably late then they can collect their youngster from the first TV room in the main building next to reception up to 1.15pm)

EXTRA INFO:

Players should come along each day with a small mid morning snack and a drink for each day. (or money for the snack machine)

Other considerations should be for a;

Summer Tennis Camp

- * Normal tennis kit
- * Non marking tennis trainers (no black soles please)
- * Sun Tan Lotion
- * Tennis/baseball cap
- * Sunglasses

Winter Tennis Camp

- * Normal tennis kit
- * Non marking tennis trainers (no black soles please)
- * Tracksuit or warm jumper & coat
- * Woollen Hat
- * Waterproof