

## FREQUENTLY ASKED QUESTIONS:

### Do I need to be a member of the club to have lessons?

No. However, it would be advantageous for players to join so that social tennis can be played outside of your coaching sessions and the technique and skills learnt during sessions practised. Non members pay an extra £1 per group coaching session.

### How do I become a member?

Membership information packs are available from outside the clubhouse or via our website [www.thistleworth.net](http://www.thistleworth.net) Membership discounts are available in your first year. The annual Junior membership fee from September 2016 is £20 and adults £90 (accompanying adults only £25)

### What should I wear?

Players should wear appropriate sports clothing - this does not have to be white. T-shirts and track-suit bottoms/shorts are fine.

### Do I need my own racket?

No. All equipment is provided. As your game improves you may want to buy your own racket.

### What is the minimum age for players?

We take players from the age of 4 year old.

### Which group session should I apply for?

This is not easy to answer without seeing players in action. If you are unsure call the Coaching Team and we will make a judgement based on age, sporting history and the standard of other players in each group. All groups are flexible, so players can be moved part way through the course.

### Can I join a course after it has started?

Yes, if there is space. The cost will be pro rata for the number of remaining weeks.

### How do I know if a lesson has been cancelled when the weather is bad?

The coach will attempt to phone or txt all players prior to the start of the lesson; however this is not always possible, therefore please phone the coach on their mobile to confirm arrangements if you are unsure.

### What happens if a lesson is cancelled due to bad weather?

Players will be given credit that can be used on subsequent courses.

### What should I do if I know I will be unable to attend all sessions?

This is catered for on the course application form. Enter the dates you are unable to attend and reduce the total course fee accordingly. You only pay for the lessons you can attend.

### Can I pay each week for my session?

No. We ask players to pay for a block of lessons so the coaching team can spend more time coaching and less time doing admin tasks.

### Can I join the Tuesday Team Practice session or Performance session?

This is at the discretion of the Coaching Team—please ask.

### Are individual coaching sessions available?

Yes. Ask one of the coaches and they will provide further details.

### Do lessons run all year round?

No. In 2016 Saturday junior sessions will run until 3 December 2016. Wednesday afterschool sessions have now finished and will restart again after Easter in 2017. Tuesday Performance sessions will run all year round. Adult sessions run all year round. All session will run as normal during school holidays.

# Tennis Coaching Lessons

Thistleworth Tennis Club, 129a Ridgeway Road, Osterley, TW7 5LX  
Coaching Team – 07511 886971

**Sessions starting**  
**Saturday 17 Sept 2016 (6 week course)**

## Juniors

### Saturday mornings

17 September to 22 October

### Tuesday Performance

(Junior Performance by inv.)  
20 September to 25 October

## Adults

Every Sunday morning  
10am to 11.30am

## Coaches

**Jimmy Smith**—07966 210692  
LTA qualified & Licensed

**John Love**—07511 886971  
LTA qualified & Licensed

**Alastair MacCallum**—07810 172175  
LTA qualified & Licensed

**Noe Silue**—07753 377887  
LTA Level 1 Coaching Assistant

Visit our website for more information about the tennis coaching programme and multi sports

camp. [www.thistleworth.net](http://www.thistleworth.net)



**October Camp**

**Starts Monday 24 October**

**\*\* BOOK NOW \*\***



# COACHING SESSIONS

Non members are welcome to join the lessons.

Club Members get £1 discount per lesson (price in brackets)



## JUNIOR COACHING SESSIONS

Day & time	Course name	Dates	Coaches	Age	Price
Saturday 9am-10am	Mini Tennis Red	17 Sept to 22 Oct	John, Noe Hardeep	4-8yrs	£48 (£42)
Saturday 10am-11am	Mini Tennis Orange/Green	17 Sept to 22 Oct	John, Noe Hardeep	7/12yrs	£48 (£42)
Saturday 11am-12pm	Improver Development	17 Sept to 22 Oct	John, Noe Hardeep	10/16yrs	£48 (£42)
Saturday 12pm-1pm	Advanced Development	17 Sept to 22 Oct	John, Noe	10/18yrs	£48 (£42)
Tuesday 5pm to 6.30pm	Junior Perf (by inv)	20 Sept to 25 Oct	Alastair	12+yrs	£66 (£60)

- ◆ Please complete this Booking Form and bring it to your first lesson
  - ◆ Feel free to invite your friends for a free trial lesson – all are welcome
  - ◆ All equipment is provided
  - ◆ New players are welcome to join a course part way through
  - ◆ Book now for the Oct Multi-Sports Camp that starts on Monday 24 Oct
  - ◆ Membership of the club is cheaper than you may think.
- See [www.thistleworth.net](http://www.thistleworth.net) for more details.

## ADULT COACHING SESSIONS

The adult sessions are run on a Play & Pay basis – there is no need to book in advance, just turn up and pay at the end of each session.

Day & time	Course name	Dates	Coaches	Price
Sunday	Adult Group	10 –11.30am Every Sunday	Jimmy Smith	£11 (£10)

**All ages and abilities welcome**  
**LTA qualified coaches**

# BOOKING FORM

6 Coaching Sessions starting Sat 17 Sept



PLEASE WRITE CLEARLY

Name: \_\_\_\_\_

Thistleworth Member **YES/NO (please circle)**

Date of Birth (juniors only): \_\_\_\_\_

Address: \_\_\_\_\_

Contact numbers: (h) \_\_\_\_\_ (m) \_\_\_\_\_

Email address: \_\_\_\_\_

(This is important for keeping up to date with course info)

Lesson (please tick):

Sat 9am—Mini Tennis Red		Sat 10am—Mini Tennis Org/Green	
Sat 11am— Improver Development		Sat 12am— Advanced Development	
Tues 5pm—Junior Perf (by invitation)			

Medical Condition: \_\_\_\_\_

If you are unable to attend all dates within a course or you are joining a course after it has started, please indicate below which sessions will be missed and reduce the total payment pro rata. You should only pay for the sessions that you attend.

I am unable to attend the following sessions and have amended the cost accordingly

\_\_\_\_\_

I enclose a cheque for £ \_\_\_\_\_ payable to **Tennis Coaching at Thistleworth.**

Signature (parents please sign for juniors): \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

On occasions we would like to take photos of the players in the lessons to use on our marketing material. If you wish your child not to be included please let us know.

**Please bring this application form and payment to your first session.**

**If you have any questions please contact the Coaching Team on 07511 886971.**