

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 Membership discounts are available in your first year. We are looking to introduce Family Membership soon—ask for more details.

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 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. Contact numbers are on the from page of the application form.

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.

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 2017 Saturday junior sessions will run until 23 December 2017. Wednesday afterschool sessions start on 20 April 2017 and will finish on 4 October 2017. All session will run as normal during school holidays.

Are adult sessions available?

Yes. Adult sessions are on Sunday's at 11am for 90-minutes. There is no need to book—just turn-up. They run all year round.

Tennis Coaching Lessons

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

Sessions starting
Saturday 4 March 2017 (6 week course)

Juniors

Saturday mornings

4 March to 8 April

Adults

Every Sunday morning

11am to 12.30am

Coaches

John Love—07511 886971

LTA Level 4 qualified & accredited

Jimmy Smith—07966 210692

LTA Level 3 qualified & accredited

Hardeep Sandhar—07903 577656

LTA Level 1 Coaching Assistant

Noe Silue—07753 377887

LTA Level 1 Coaching Assistant



Visit our website for more information about the tennis coaching programme and multi sports camps available at Thistleworth.

www.thistleworth.net

Follow us on Facebook
www.facebook.com/ThistleworthCoaching/



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	4 Mar to 8 Apr	John, Noe Hardeep	4-8yrs	£48 (£42)
Saturday 10am-11am	Mini Tennis Orange/Green	4 Mar to 8 Apr	John, Noe Hardeep	7/12yrs	£48 (£42)
Saturday 11am-12pm	Improver Development	4 Mar to 8 Apr	John, Noe Hardeep	10/16yrs	£48 (£42)
Saturday 12pm-1pm	Advanced Development	4 Mar to 8 Apr	John, Noe	10/18yrs	£48 (£42)

- ◆ **Easter Camp starts 3 April—BOOK NOW**
 - ◆ **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**
 - ◆ **Follow us on Facebook www.facebook.com/ThistleworthCoaching/**
 - ◆ **Membership of the club is cheaper than you think.**
- See 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

Day & time	Course name	Dates	Coaches	Price
Sunday	Adult Group	11 –12.30am Every Sunday	Jimmy Smith	£11 (£10)

All ages and abilities welcome
LTA qualified & accredited coaches
Free refreshments for parents

BOOKING FORM

6 Coaching Sessions starting Sat 4 March



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	

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 John on 07511 886971.