

# THE COACHING PROGRAM AT CHEAM LTC IS PROVIDED BY MDL COACHING

Players attending our coaching program should all be members of  
**CHEAM LTC**

Please see Reply form for Term dates

## SESSIONS BELOW ARE FOR 12 WEEKS – Please see reply form for Dates and Discounts

DAY	TIME	COURSE	COST	CODE
MONDAY	3.30-4.30	MINI TENNIS RED (4-7)	£72 or £62	CH1
	4.30-5.30	MINI TENNIS ORANGE(8-10)	See reply form £62	CH2
	6.30pm onwards	ADULT COACHING	Ask Amit	-
TUESDAY	3.30-4.30	MINI TENNIS RED (4-7)	£72 or £62	CH3
	4.30-5.30	YELLOW (9 – 13)	See reply form £62	CH4
	5.30-6.30	SQUAD (Under 16)	£62	CH5
	6.30-9	ADULT TEAM COACHING	Ask Amit	-
THURSDAY	3.30-4.30	MINI TENNIS RED (4-7)	£72 or £62	CH6
	4.30-6	ACADEMY SQUAD (Under 14)	See reply form £81	CH8
	6-7.30	ACADEMY SQUAD (Under 18)	£81	CH9
SATURDAY	9-10	MINI TENNIS ORANGE(6-9)	£72 or £62	CH10
	10-11	YELLOW (9 – 13)	See reply form £62	CH11
	11-12	SQUAD (Under 14)	£62	CH12
	12-1	SQUAD (Under 18)	£62	CH13
	10-1.30	JUNIOR CLUB SESSION	FREE	-

### **Please note:**

We will endeavor to run all coaching sessions and want all players to have attended 12 sessions. If lessons have to be cancelled due to the weather we will do our best to make them up in the form of double sessions or we will allow participants' to attend other sessions at their convenience. Ask your coach when you can make up any sessions missed. Players are encouraged to wear clothing suitable for the various weather conditions. In the winter months players are encouraged to wear gloves and hats. Lessons include use of floodlights when needed ... Therefore, no hidden costs  
**Mini Tennis sessions will take place in the squash courts if necessary so these lessons will not be cancelled**

MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£125 (5 hours) or £26 per hour Amit Mohindra – 07947 408901
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For Individual coaching please contact coach directly to arrange a time. Individual lessons may be 30 mins, 45 mins or 1 hour to suit the individual. Please pay in advance to guarantee place as these lessons get booked quickly.

## BRIEF DESCRIPTION OF SESSIONS ON OFFER AT OUR CLUB

**JUNIOR CLUB SESSION** – This is a supervised club session for juniors and will be taken by one of our tennis members. Matches and Fun tennis Team games will be organised. Please ask Amit or see notice board for details.

**MINI TENNIS (Red/Orange/Green) (4yrs – 10yrs)** – Split into 3 levels. Starting at Red level which is played on a badminton sized court. Once players have the basic skills they will move to Orange level which is played on a shortened tennis court with a transitional tennis ball. Strokes and coordination will be developed at this level. Once a player is ready they will move on to the next level either Green or JCP depending on age.

**JUNIOR GROUPS (9yrs – 18yrs)** – For children who are able/want to play on a full sized court. Technique, tactics, coordination and mental skills will be developed through a fun coaching programme.

**SQUAD (U18)** – These sessions are by invitation only and are aimed at juniors competing in tournaments and teams. To be considered please contact Amit Mohindra on 07947 408901

**ACADEMY** - This group will consist of 6-10 players and is by invitation only by the club coach. Players will receive an MDL ACADEMY T-Shirt and will be given information about what tournaments they should be entering.

# CHEAM LTC - COACHING 2010/2011 REPLY FORM

Places will be limited so please return this form as soon as possible to avoid disappointment

PLEASE COMPLETE WHOLE FORM AND SEND TO ADDRESS BELOW OR HAND TO YOUR COACH

Family Surname:	Telephone No:
Address:	Emergency No:
	E-mail:
Post code:	Medical conditions:

PLEASE TICK TERM YOU WISH TO APPLY FOR

		Tick
<b>SUMMER TERM 2010</b>	Starts Monday 19 <sup>th</sup> April 2010 – Half Term (Mon 31 <sup>st</sup> May to Fri 5 <sup>th</sup> June)	
<b>AUTUMN TERM 2010</b>	Starts Monday 6 <sup>th</sup> September – Half Term (Mon 25 <sup>th</sup> Oct to Fri 29 <sup>th</sup> Oct)	
<b>SPRING TERM 2011</b>	Starts Monday 6 <sup>th</sup> December – Half Term (Mon 21 <sup>st</sup> Feb to Fri 25 <sup>th</sup> Feb)	

PLEASE SELECT THE PAYMENT THAT SUITS YOU THE MOST AND CIRCLE BELOW UNDER PAYMENT

PAYMENTS / DISCOUNTS			COACHING FEES		MEMBERSHIP Payable to Cheam LTC
			Payable to MDL COACHING		
			Normal	Discount	
<b>1</b>	<b>MINI TENNIS (RED)</b> (Playing once a week) <b>Mon, Tues, Thurs 3.30-4.30 or Saturday 9-10</b> Membership included on a termly basis or Players wishing to join for the whole year can pay £20 – See club membership form	1 hour sessions	<b>£72</b> Membership included in coaching fee	- <b>£62</b> If joining club for year	<b>MINI TENNIS RED ONLY</b> If you only use the club when you attend coaching you may pay on a termly basis
<b>2</b>	<b>PAY FOR 1 TERM</b> (Playing once a week)	1 hour sessions 1.5 hour sessions	<b>£62</b> <b>£81</b>	- -	<b>MEMBERSHIP</b> <b>From May 2010</b> <b>Mini (U9) Junior</b> £20    £40 <b>From September 2010</b> £15    £30 <b>From January 2011</b> £10    £20
<b>3</b>	<b>PAY FOR 2 TERMS</b> (Playing once a week)	1 hour sessions 1.5 hour sessions	£124 £162	<b>£114</b> <b>£152</b>	
<b>4</b>	<b>PAY FOR 3 TERMS</b> (Playing once a week)	1 hour sessions 1.5 hour sessions	£186 £243	<b>£165</b> <b>£220</b>	
<b>5</b>	<b>SIBLING DISCOUNT</b> APPLICABLE IF BOOKING FOR 1 TERM ONLY		Please deduct <b>£4</b> for 2 <sup>nd</sup> /3 <sup>rd</sup> /4 <sup>th</sup> child		
<b>6</b>	<b>ACADEMY PLAYERS – Please see separate ACADEMY COACHING letter for fees</b>				

## DAYS & TIMES YOU WISH TO BOOK YOUR SESSION / SESSIONS

APPLICANTS	DOB <small>Under 18 only</small>	CODE	DAY <small>Please circle</small>	TIME	PAYMENT <small>Please circle</small>	TOTAL
1 .....	/ .....	/ .....	M T W T F S / .....	/ .....	1 2 3 4 5	£.....
2 .....	/ .....	/ .....	M T W T F S / .....	/ .....	1 2 3 4 5	£.....

**COACHING:** I enclose a cheque / cash for £..... made payable to **MDL COACHING**

**OR I have made a BACS payment to the MDL COACHING ACCOUNT:**

Sort code: 40-37-29

Account Number: 11386964 DATE: ...../...../..... REFERENCE:.....

**TOTAL £.....**

Office use only:  
Date received:

**MEMBERSHIP:** I enclose a cheque / cash for £.....made payable to **CHEAM LTC**

OR I have sent my membership renewal form direct to the tennis club membership secretary (Tick here .....)

### Return address below:

**MDL COACHING, Purley Bury Tennis Club,  
53B Purley Bury Avenue, Purley, Surrey, CR8 1JF.  
TEL 020 8668 5250 (Office) Mark Love 07761 602014**

We accept cheques or cash or BACS Payment  
In some cases we allow participants to pay weekly if the full amount is a problem to pay in one go!

If you are not sure which group is most suitable please contact us on **020 8668 5250** or email [mdlcoaching@aol.com](mailto:mdlcoaching@aol.com).

Players attending coaching must be members of the club. If you need a membership form please ask your coach or see club notice board.