

THE COACHING PROGRAMME AT SOUTH CROYDON LTC IS PROVIDED BY **MDL COACHING**

Players attending our coaching programme should all be members of
SOUTH CROYDON SPORTS CLUB
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	4-5	MINI TENNIS (Red 4-7)	£72 or £62	SC1
	5-6	MINI TENNIS (Orange 8-10)	See reply form	SC2
	6-7	YELLOW (10-14)	£62	SC3
	7.30-8.30	ADULT COACHING	£62	SC4
	4-5.30	MDL ACADEMY SQUAD (PB)	See separate letter	-
	5.30-7	MDL ACADEMY SQUAD (PB)	See separate letter	-
WEDNESDAY	4.30-5.30	MINI TENNIS (Red 5-8)	£72 or £62	SC5
	5.30-6.30	MINI TENNIS (Orange 7-10)	See reply form	SC6
	6.30-7.30	YELLOW (10-14)	£62	SC7
THURSDAY	4-5	ACADEMY RED SQUAD	See separate letter	-
	5.30-7	MDL ACADEMY SQUAD (SC)	See separate letter	-
FRIDAY	4.30-6	MDL ACADEMY SQUAD (SC)	See separate letter	-
	6-7.30	MDL ACADEMY SQUAD (SC)	See separate letter	-
SATURDAY	9-10	MINI TENNIS (Red 4-7)	£72 or £62	SC8
	10-11	MINI TENNIS (Orange 7-9)	See reply form	SC9
	11-12	YELLOW (9 – 13)	£62	SC10
	12-1	SQUAD (Under14)	£62	SC11
	1-2	SQUAD (Under 18)	£62	SC12

*All coaching courses will run for 12 weeks **excluding half-term** – See Reply form for details*

INDIVIDUAL TENNIS COACHING COSTS

MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£125 (5 hours) or £27 per hour Andy Ross – 07734 710702
MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£125 (5 hours) or £27 per hour Mark Love – 07761 602014
MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£100 (5 hours) or £22 per hour Chris Watson – 07951 734167

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.

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.

*Mini Tennis sessions will take place indoors where possible in the winter months or when it is cold or wet
Lessons include use of floodlights when needed ... Therefore, no hidden costs*

BRIEF DESCRIPTION OF SESSIONS ON OFFER AT OUR CLUB

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. MONDAY (4pm-5pm) session will be INDOORS in the badminton Hall during the winter months.

YELLOW 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 (U12, U16 or U18) – These sessions are by invitation only and are aimed at juniors competing in tournaments and teams. To be considered please contact Mark Love on 07761 602014 or Andy Ross 07734 710702

MDL ACADEMY SQUAD – Players who we feel are ready and keen to play twice a week and compete in competition will be given to opportunity to attend the Academy programme which incorporates another coaching session on top of the one they do at their chosen club with other players from the local area. These sessions take place at Purley Bury LTC (PB) and South Croydon Sports Club (SC) If you would like to be considered please contact Andy Ross or Mark Love either direct on our mobiles or in the office on 020 8668 5250.

HOLIDAY COURSES – These Fun sessions take place every school holiday in the mornings between 1.30am – 4.30pm and accommodate all juniors on the coaching program and their friends. Sessions include Mini Tennis & Fun and Fun Tennis and Team Games. Match Play and Team Tennis sessions take place on 2 days a week in the morning between 9.30am – 12.30pm (Tues & Thursday at PB for 10-16 yrs old, Weds at SCSC for U10's)

MIDWEEK ADULT GROUP COACHING

Why not have lessons with your friends?

GROUP COACHING FOR 2, 3 OR 4 PLAYERS		
GROUP SIZE	COST PER PERSON PER 1 HOUR LESSON	BLOCK BOOK FOR 6 x 1 HOUR LESSONS
2	£15	£75 (£12.50 per session)
3	£10	£50 (£8.30 per session)
4	£7.50	£39 (£6.50 per session)

Please note the above sessions can be taken at a time that suits you as a group between
9am and 3pm Monday – Friday

COACHING BLOCK – 020 8668 5250

EMAIL – mdlcoaching@aol.com

WEBSITE – www.mdlcoaching.co.uk

SOUTH CROYDON 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:
Post code:	E-mail:
	Medical conditions:

PLEASE TICK TERM YOU WISH TO APPLY FOR

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

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

PAYMENTS / DISCOUNTS			COACHING FEES		MEMBERSHIP <small>Payable to SCSC</small>
			<small>Payable to MDL COACHING</small>		
			Normal	Discount	
1	MINI TENNIS (RED) (Playing once a week) Mon 4-5, Weds 4.30-5.30 or Saturday 9-10 <small>Membership included on a termly basis or Players wishing to join for the whole year can pay £32 – See club membership form</small>	1 hour sessions	£72 <small>Membership included in coaching fee</small>	- £62 <small>If joining club for year</small>	MINI TENNIS RED ONLY <small>If you only use the club when you attend coaching you may pay on a termly basis</small>
2	PAY FOR 1 TERM (Playing once a week)	1 hour sessions 1.5 hour sessions	£62 £81	- -	MEMBERSHIP From May 2010 Mini (U9) Junior £34 £44 From September 2010 £15 £32 From January 2011 £10 £20
3	PAY FOR 2 TERMS (Playing once a week)	1 hour sessions 1.5 hour sessions	£124 £162	£114 £152	
4	PAY FOR 3 TERMS (Playing once a week)	1 hour sessions 1.5 hour sessions	£186 £243	£165 £220	
5	SIBLING DISCOUNT <small>APPLICABLE IF BOOKING FOR 1 TERM ONLY</small>		<small>Please deduct £4 for 2nd/3rd/4th child</small>		
6	ACADEMY PLAYERS – Please see separate ACADEMY COACHING letter for fees				

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 **South Croydon sports Club**

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.

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