



# THE COACHING PROGRAM AT SANDERSTEAD LTC IS PROVIDED BY **MDL COACHING**

Players attending our coaching program should all be members of  
**SANDERSTEAD 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	10.30-11.30	ADULT COACHING (Beginners)	£62	SP1
	4-5.30	MDL ACADEMY SQUAD (PB)	See separate letter	-
	5.30-7	MDL ACADEMY SQUAD (PB)	See separate letter	-
	7.30-9	ADULT COACHING	£81	SP2
TUESDAY	9.30-11	ADULT COACHING	£81	SP3
	4.30-6	U12 SQUAD	Ask Coach	SP4
THURSDAY	4-5	MDL ACADEMY SQUAD (SC)	See separate letter	SP5 SP6
	5.30-7	MDL ACADEMY SQUAD (SC)	See separate letter	
	6-7	U16 SQUAD	Ask Coach	
	7pm onwards	LADIES TEAM TRAINING	-	
FRIDAY	5-6	JUNIOR CLUB SESSION (4 – 10)	£1 per player	Supervised Junior Club Session
	6-7	JUNIOR CLUB SESSION (10 – 18)	FREE	
	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) <small>(membership included in coaching fee)</small>	£72 or £62 See reply form	SP7
	-			-
	10-11	MINI TENNIS (Orange)	£62	SP8
	10-11	MINI TENNIS (Green)	£62	SP9
	11-12	JCP (11 – 16) (Boys)	£62	SP10
	11-12	JCP (11 – 16) (Girls)	£62	SP11
12-1	SP SQUAD (Under 18)	£62	SP12	
MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£125 (5 hours) or £27 per hour John Thistlethwaite – 07813 898701	
MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£90 (5 hours) or £20 per hour Joe West – 07961 284874	
MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£125 (5 hours) or £27 per hour Mark Love – 07761 602014	
MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£125 (5 hours) or £27 per hour Andy Ross – 07734 710702	

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*

**FOR A BRIEF DESCRIPTION OF SESSIONS ON OFFER AT OUR CLUB PLEASE SEE OVERLEAF**

## 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 coaches. Matches and Fun tennis Team games will be organised. Please note session runs during term time only.

**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 Mark Love on 07761 602014.or John Thistlethwaite on 07813 898701

**ADULT COACHING** – For Adults who are beginner or improver level wishing to improve their technique and tactical awareness when playing both double and singles. Please note players must join the club or pay a guest fee if not a member.

**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.

# MIDWEEK ADULT GROUP COACHING

Why not have lessons with your friends?

<b>GROUP COACHING FOR 2, 3 OR 4 PLAYERS</b>		
<b>GROUP SIZE</b>	<b>COST PER PERSON PER 1 HOUR LESSON</b>	<b>BLOCK BOOK FOR 6 x 1 HOUR LESSONS</b>
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](mailto:mdlcoaching@aol.com)**

**WEBSITE – [www.mdlcoaching.co.uk](http://www.mdlcoaching.co.uk)**

# SANDERSTEAD 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 Sandertead LTC
		Payable to MDL COACHING		
		Normal	Discount	
<b>1</b>	<b>MINI TENNIS (RED)</b> (Playing once a week) 1 hour sessions <b>Saturday 9-10</b> Membership included on a termly basis or Players wishing to join for the whole year can pay £21 – See club membership form	<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>U8 U12 U16</b> £21 £42 £62 <b>From September 2010</b> £15 £30 £42 <b>From January 2011</b> £10 £15 £19
<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: ...../...../.....

**TOTAL £.....**

Office use only:

Date received:

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