

THE COACHING PROGRAMME AT SANDERSTEAD VILLAGE LTC IS PROVIDED BY **MDL COACHING**



Players attending our coaching programme should all be members of
SANDERSTEAD VILLAGE 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	5.30-6.30	MINI TENNIS (6-10)	£62	SV1
	6.30-7.30	JUNIOR COACHING (UNDER 14)	£62	SV2
	7.30-8.30	JUNIOR COACHING (UNDER 18)	£62	SV3
FRIDAY	12-1	ADULT COACHING	£62	SV4
SATURDAY (NEW) STARTS 1st MAY (10 weeks)	9.30-10.30	MINI TENNIS RED (4-8)	£45	SV5
	10.30-11.30	YELLOW (9 – 13)	£45	SV6
	11.30-12.30	JUNIOR COACHING (UNDER 18)	£45	SV7
	12.30-1.30	ADULTS (10 weeks)	£45	SV8

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

MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£100 (5 hours) or £22 per hour Chris Watson – 07951 734167
MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£120 (5 hours) or £27 per hour John Thistlethwaite – 07813 898701

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.

MIDWEEK ADULT GROUP COACHING

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 to Friday – **020 8668 5250**

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.

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.

HOLIDAY COURSES – These Fun sessions take place every school holiday in the afternoons between 1.30pm – 4.30pm and accommodate all juniors on the coaching program and their friends. Sessions include **Mini Tennis & Fun** and **Fun Tennis and Team Games**. Please ask coach for details of **Tournament and Team Tennis sessions**.

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

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

PAYMENTS / DISCOUNTS		COACHING FEES		MEMBERSHIP Payable to SV LTC
		Payable to MDL COACHING		
		Normal	Discount	
1	SATURDAY COACHING FOR 10 WEEKS STARTS 1st MAY <small>Players attending on a Monday may pay ½ price for sat coaching</small>	-	£45	MEMBERSHIP From May 2010 4-7 £10 8-13 £39 14-16 £48
2	PAY FOR 1 TERM (Playing once a week) 1 hour sessions	£62	-	From September 2010 £5 £20 £24
3	PAY FOR 2 TERMS (Playing once a week) 1 hour sessions	£124	£114	From January 2011 £5 £10 £12
4	PAY FOR 3 TERMS (Playing once a week) 1 hour sessions	£186	£165	SIBLING DISCOUNT 2 nd / 3 rd child get 50% off their membership
5	SIBLING DISCOUNT APPLICABLE IF BOOKING FOR 1 TERM ONLY	Please deduct £4 for 2 nd / 3 rd / 4 th child		

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 **Sanderstead Village 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.

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