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CHEAM FIELDS CLUB

FOR JUNIOR MEMBERS OF CHEAM FIELDS CLUB

AUTUMN / SPRING TERM COACHING – October 2006 to March 2006

DAY	TIME	COURSE	COST
SATURDAY	9am – 2pm	JUNIOR COACHING SESSION FOR ALL ... Children are split into groups and will be given their hourly coaching session time which runs every Saturday with Mark Lugli and his team of tennis assistants	This coaching session is included in your subscriptions
MONDAY TO FRIDAY	4pm – 9pm	ELITE SQUADS UNDER FLOODLIGHTS @ CHEAM LTC or THE DOWNS LTC with Amit Mohindra or Jamie Franklin Sessions will be 1 hour and participants' can be in groups of 2 / 4 / 6 players To book your lesson please contact the coach above who you wish to have your lessons with or contact MDL COACHING – 020 8668 5250 or speak to Bryan. Players in your group should be of a similar standard for everyone to get the most out of each session and it is your responsibility to create a group. If you are short of a player please let us know and we will try to find someone of a similar standard. Lessons should be taken consecutively unless the weather is extremely bad or school holidays intervene. CALL FOR MORE DETAILS	2 in group: 6 x 1 hour = £65 per person 4 in group: 6 x 1 hour = £36 per person 6 in group: 6 x 1 hour = £30 per person Prices include floodlights when needed and court hire.
MONDAY & THURSDAY	5.30pm – 7pm	INVITATION SQUADS These courses are designed for players committed to playing or working towards playing league or tournament matches. The squads are constructed by invitation of the club or coach only. This session runs for 10 weeks at a time. Maximum 12 places per session	£55 for 10 X 1 ½ sessions Prices include floodlights when needed and court hire.
TUESDAY	5pm – 6.30pm	EXTREME FITNESS This intense workout is run by Jamie Franklin and during the winter will take place under floodlights @ The Downs LTC. Speed, agility, strength, power and footwork will be targeted involving a wide range of drills and exercises.	STARTS MID OCTOBER COST TBC Please call Jamie for more details
EVERY SCHOOL HOLIDAY	9.30am – 12.30pm	HOLIDAY TENNIS COURSES Matchplay & Team Tennis and Fun Tennis courses take place every school holiday at the club. These are run by one of the MDL COACHING TEAM & Bryan. MEMBERS & THEIR FRIENDS WELCOME	Members £8 per day or £35 week Non Members £9 per day or £40 week
MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£114 (5 hours) or £25 per hour Jamie Franklin – 07748 630279
MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£114 (5 hours) or £25 per hour Amit Mohindra – 07947 408901
MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£119 (5 hours) or £27 per hour Mark Love – 07761 602014
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.			

