

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

www.mdlcoaching.net
020 8668 5250

Players attending our coaching program 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)	£62	SC1
	5-6	MINI TENNIS (Orange 8-10)	£62	SC2
	6-7	YELLOW (10-14)	£62	SC3
	8-9	ADULT COACHING	£62	SC4
WEDNESDAY	4.30-5.30	MINI TENNIS (Red 5-8)	£62	SC5
	5.30-6.30	MINI TENNIS (Orange 7-10)	£62	SC6
	6.30-7.30	YELLOW (10-14)	£62	SC7
FRIDAY	4.30-6	MDL ACADEMIES	£81	SC8
	6-7.30	Federer and Nadal Squads	£81	SC9
SATURDAY	9-10	MINI TENNIS (Red 4-7)	£62	SC10
	10-11	MINI TENNIS (Red 7-8)	£62	SC11
	11-12	MINI TENNIS (Orange) (8 – 11)	£62	SC12
	12-1	SQUAD (Under14)	£62	SC13
	1-2	SQUAD (Under 18)	£62	SC14

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*

MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£120 (5 hours) or £25 per hour Andy Ross – 07734 710702
MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£120 (5 hours) or £25 per hour Mark Love – 07761 602014
MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£120 (5 hours) or £25 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.

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

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 session will be INDOORS in the badminton Hall during the winter months.

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 (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

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.

SOUTH CROYDON LTC - COACHING 2009/2010 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 2009	Courses start Monday 20 th April 2009 (Half Term – Monday 25 th May to Friday 29 th May)	
AUTUMN TERM 2009	Courses start Monday 7 th September 2009 (Half Term - Monday 26 th October to Friday 30 th October)	
SPRING TERM 2010	Courses start Monday 4 th January 2010 (Half Term – Monday 15 th February to Friday 19 th February)	

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

PAYMENTS / DISCOUNTS			NORMAL	DISCOUNTED
1	PAY FOR 1 TERM (Playing once a week)	1 hour sessions 1.5 hour sessions	£62 £81	- -
2	SIBLING DISCOUNT - APPLICABLE IF BOOKING FOR 1 TERM ONLY		Please deduct £4 for 2 nd / 3 rd / 4 th child	
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	PAY FOR 1 TERM ACADEMY SQUAD + Compulsory coaching group	2.5 hours per week 3 hours per week	£143 £162	£138 £157
6	PAY FOR 2 TERMS ACADEMY SQUAD + Compulsory coaching group	2.5 hours per week 3 hours per week	£286 £324	£270 £305
7	PAY FOR 3 TERMS ACADEMY SQUAD + Compulsory coaching group	2.5 hours per week 3 hours per week	£429 £486	£400 £460

DAYS & TIMES YOU WISH TO BOOK YOUR SESSION / SESSIONS

(Academy players please show both days that you attend coaching)

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 6 7	£.....
2	/	/	M T W T F S /	/	1 2 3 4 5 6 7	£.....
3	/	/	M T W T F S /	/	1 2 3 4 5 6 7	£.....
4	/	/	M T W T F S /	/	1 2 3 4 5 6 7	£.....

TOTAL £.....

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

New participants' will be contacted before the start of the course.
Refunds will only be given if a course is cancelled.

Office use only:
Date received:

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

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.

