

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

Players attending our coaching program should all be members of  
**THE DOWNS LTC**

Please see Reply form for Term dates

DAY	TIME	COURSE	COST	CODE
<b>MONDAY</b>	3.30-4.30	MINI TENNIS RED (4-7)	£62	D1
	4.30-5.30	MINI TENNIS ORANGE (6-9)	£62	D2
	5.30-6.30	YELLOW (11 – 16)	£62	D3
	6.30-7.30	SQUAD (Under 18)	£62	D4
<b>WEDNESDAY</b>	5-6	SQUAD (Under 16)	£62	D5
<b>MONDAY to FRIDAY</b>	Anytime	INDIVIDUAL COACHING & PRIVATE GROUPS	Please call Jamie Franklin 07748 630279	
<b>SATURDAY</b>	9-10	MINI TENNIS RED (4-7)	£62	D6
	10-11	MINI TENNIS ORANGE (6-9)	£62	D7
	11-12	YELLOW (11 – 16)	£62	D8
	12-1	SQUAD (Under 18)	£62	D9
<b>Please note:</b>				
<p><i>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</i></p>				
MONDAY to SATURDAY	=	INDIVIDUAL COACHING	£120 (5 hours) or £25 per hour Jamie Franklin – 07748 630279	
<p>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.</p>				

## 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.

**SQUAD (U18)** – These sessions are by invitation only and are aimed at juniors competing in tournaments and teams. To be considered please contact Jamie Franklin on 07748 630279.

**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. These sessions take place at either Cheam Fields Club or Cheam LTC.

**HOLIDAY COURSES** – These Fun sessions take place every school holiday in the mornings between 9.30am – 12.30pm 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 Match Play and Team Tennis sessions.

**VIDEO ANALYSIS** - This is a great way to improve technique. Have a 45 minute lesson with Jamie and have all your shots videoed. Then watch the tape back with Jamie and see where you could improve your technique. The video will be recorded onto DVD for you to keep. Please see notice board or call Jamie for prices and to book a lesson.

# THE DOWNS 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:  Post code:	Emergency No:
	E-mail:
	Medical conditions:

PLEASE TICK TERM YOU WISH TO APPLY FOR

		Tick
<b>SUMMER TERM 2009</b>	Courses start Monday 20 <sup>th</sup> April 2009 (Half Term – Monday 25 <sup>th</sup> May to Friday 29 <sup>th</sup> May)	<input type="checkbox"/>
<b>AUTUMN TERM 2009</b>	Courses start Monday 7 <sup>th</sup> September 2009 (Half Term - Monday 26 <sup>th</sup> October to Friday 30 <sup>th</sup> October)	<input type="checkbox"/>
<b>SPRING TERM 2010</b>	Courses start Monday 4 <sup>th</sup> January 2010 (Half Term – Monday 15 <sup>th</sup> February to Friday 19 <sup>th</sup> February)	<input type="checkbox"/>

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

PAYMENTS / DISCOUNTS			NORMAL	DISCOUNTED
<b>1</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>2</b>	<b>SIBLING DISCOUNT - APPLICABLE IF BOOKING FOR 1 TERM ONLY</b>		Please deduct <b>£4</b> for 2 <sup>nd</sup> / 3 <sup>rd</sup> / 4 <sup>th</sup> child	
<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>PAY FOR 1 TERM ACADEMY SQUAD</b> <b>+ Compulsory coaching group</b>	2.5 hours per week 3 hours per week	£143 £162	<b>£138</b> <b>£157</b>
<b>6</b>	<b>PAY FOR 2 TERMS ACADEMY SQUAD</b> <b>+ Compulsory coaching group</b>	2.5 hours per week 3 hours per week	£286 £324	<b>£270</b> <b>£305</b>
<b>7</b>	<b>PAY FOR 3 TERMS ACADEMY SQUAD</b> <b>+ Compulsory coaching group</b>	2.5 hours per week 3 hours per week	£429 £486	<b>£400</b> <b>£460</b>

## 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](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.