



WEST BRIDGFORD TENNIS CLUB

**Little Bounds
Off Wilford Lane
West Bridgford
Nottingham
NG2 7QA**

Tel: 0115 9811699

email:

manager@west-bridgford-tennis-club.co.uk

Visit our website:

www.west-bridgford-tennis-club.co.uk

WEST BRIDGFORD TENNIS CLUB

**SUMMER MINI TENNIS CAMP
2009**

Monday 24th to Friday 28 August
From 10-00 am to 1-00 pm each day
For 5 to 10 year olds playing
mini tennis red and orange



**Quality coaching
And
Lots of fun**

Come and improve your mini tennis skills on our 5 half day mini tennis coaching camp. The camp is designed for 5 to 10 year old children who are playing mini tennis red with sponge balls or mini tennis orange with transition balls. To ensure maximum progress, participants will be grouped with players of a similar standard. The coaching team, are widely experienced in working with juniors to provide quality coaching within a fun environment. The on court fitness sessions will aim to improve co-ordination, balance, movement and speed .



QUALITY COACHING

You will receive up to 2 hours of mini tennis coaching each day in a stimulating, enjoyable & relaxing atmosphere. All of the coaching staff are LTA qualified and licensed coaches. The coaching is designed to improve your skills through:

- co-ordination and ball skills
- drills to develop & improve technique of the basic strokes
- drills to develop tactics & match play
- games and competitions
- on court fitness sessions

NON-TENNIS ACTIVITIES

In addition to the mini tennis coaching, each day will have a 'fun session' where participants will have an opportunity to play other sports such as football, kwik cricket, unihoc and other fun games in an organised and stimulating environment.

FOOD

The club will provide lunch every day in the dining area of the pavilion. A choice of food will be available including vegetarian options. Please notify us when booking if you have any special dietary requirements. Drinks and other snacks can be purchased throughout the day from the reception.

SUPERVISION

Participants will be supervised at all times by a member of staff. We like to have a relaxed and fun atmosphere but safety and security are paramount. The club has a child protection policy. A fully trained first-aider will be on site at all times.

FACILITIES:

West Bridgford Tennis Club is one of the leading clubs in the country. In 2000 the club was awarded the LTA Facility of the Year Award and in 2006 the Rushcliffe 'Club of the Year' Award.

The facilities include:

- Three indoor cushioned acrylic courts
- Three outdoor floodlit cushioned acrylic courts
- Three outdoor floodlit artificial grass courts
- Two storey pavilion
- Large lounge & dining area with catering and licensed bar
- Games & T.V. room
- Changing rooms & showers
- Gymnasium, sauna & steam room
- Sun & barbecue terrace
- Lift to all floors & wheelchair access to courts and pavilion



OTHER INFORMATION

Participants are encouraged to bring their own rackets but rackets are available to borrow, free of charge, should you not have one. Suitable sports clothing and appropriate non - marking tennis shoes are recommended.

At the end of the course, each participant will receive a certificate of attendance.

COST

£52-00 members - £60-00 non members. 10% off for two children from the same family. This includes all coaching, activities and lunch each day.

CANCELLATION FEES

There will be a charge of £25 per person for cancellations received after 24th July 2009. Persons whose cancellations are not received more than 7 days in advance of the commencement date of the course (this includes ' no shows' who fail to notify cancellation at all or participants who fail to complete the course) will be liable for the full price of the course.

Mini Tennis Red & Orange Camp 2009

Application Form

Please complete this application form in block capitals and return it as soon as possible to:- Lesley Whitehead, Tennis Manager, West Bridgford Tennis Club, Little Bounds, Off Wilford Lane, West Bridgford, Nottingham, NG2 7QA.

Tel: 0115 9811699.

If two children from the same family attend the camp, we offer a 10% reduction on the course fee.

Name:

Address:

.....

.....

Tel.No:

Email Address:

D.O.B:

I enclose a fee of £ payable to West Bridgford Tennis Club.
Please note, payment must be made in full with this application form.

Do you suffer from any medical condition which the coach should be aware of?

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Special dietary requirements:

.....

In the event of an absent parent/guardian, a parent/guardians signature on the application form will authorise such emergency medical treatment as may be recommended by an approved medical authority.

Parent's Signature:

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