

Course Information - Junior Weekly Courses Autumn Term 2010

J1 and J11 Mini Tennis Red (5-7 years approx.) – Players are in the 1st stage of mini tennis, building skills and confidence in a small court. Emphasis on fundamental sporting skills such as movement and co-ordination, and an introduction to rallying and playing the game.

J2 and J8 Mini Tennis Orange (7-9 years approx) – Players new to the game, or making the transition from mini tennis level one.

J3 and J10 Transition Green (full court) (9-10 years approx.) – Players who are now able to practice in the full court and have progressed to using yellow balls.

J4 Improvers – Players should now be able to rally on both sides and serve over-arm from the baseline.

J5 Advanced Improvers – Players have now started to increase their range of strokes and should be taking part in regular match-play.

J6 Intermediate – Players now have a sound basic technique, and are striving to develop their tennis with more aggressive stroke-play.

J7 Improvers/Intermediate – For players who are within the range of J4, J5 and J6 levels above, but would prefer a weekday group. It can also be used as a 2nd group for players who would like to do two groups per week.

J9 Mini Tennis Orange + (7-9 years approx.) – Players who are more experienced at the Orange stage and are looking to compete more at this level.

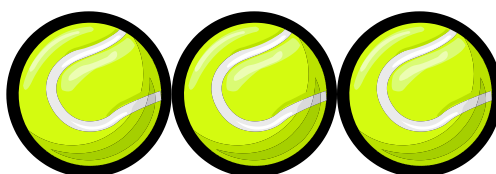
J12 Mini Tennis Red + (5-7 years approx.) – Players who have progressed from Mini Tennis Red stage and can now rally and play a match at this level.



There will be a ‘Player of the Week’ award which the coach will give to a selected player based on effort during each lesson. The award is kept for one week and then brought back to give out at the next lesson.

Junior Weekly Tennis Courses

Barnet L.T.C. Autumn Term 2010



Course fees for non-members are shown in brackets. **Note early-bird discount rate of £10.00 per player may be deducted from the prices shown below if forms and payment are received 5 or more days before the first day of the course.**

<u>Code</u>	<u>Course</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Cost</u>
J1	Mini Tennis Red	Sat.	11/9-11/12	9.00a.m.	£70.00 (£82.00)
J2	Mini Tennis Orange	Sat.	11/9-11/12	9.00a.m.	£70.00 (£82.00)
J3	Transition Green	Sat.	11/9-11/12	10.00a.m.	£70.00 (£82.00)
J4	Improvers	Sat.	11/9-11/12	11.00a.m.	£70.00 (£82.00)
J5	Advanced Improvers	Sat.	11/9-11/12	12.00p.m.	£70.00 (£82.00)
J6	Intermediate	Sat.	11/9-11/12	1.00p.m.	£70.00 (£82.00)
J7	Improvers/Intermediate	Mon.	13/9-13/12	5.00p.m.	£70.00 (£82.00)
J8	Mini Tennis Orange	Tues.	14/9-14/12	4.00p.m.	£70.00 (£82.00)
J9	Mini Tennis Orange +	Tues.	14/9-14/12	4.00p.m.	£70.00 (£82.00)
J10	Transition Green	Tues.	14/9-14/12	5.00p.m.	£70.00 (£82.00)
J11	Mini Tennis Red	Weds.	15/9-15/12	4.00p.m.	£70.00 (£82.00)
J12	Mini Tennis Red +	Weds.	15/9-15/12	4.00p.m.	£70.00 (£82.00)

See course information inside for more details. Also please read the Frequently Asked Questions and Important Notices on the back of the form. Please ensure you are familiar with the information regarding dropping off and collection of children. Parents must sign, complete and return the application form – it is not permissible to just turn up with payment and no form.

All courses run for 12 weeks. No courses take place between Sat. 23rd Oct. and Sun. 31st Oct (Half Term). Places are limited. Priority is given to club members, but only if bookings and cheques are received at least 5 days in advance of the course.

Important Notices: For safety reasons parents should collect their children from the back of the courts – not from the car park or from Gloucester Road. This is so children are accompanied when walking through the car park area, which is often busy. Also, it will enable the coaches to see that the children have been collected safely. Children of primary school age will be instructed to stay with the coaches at court-side until they have been collected. Any parents with children of this age who are allowed to go home by themselves must write a covering letter. In cases of bad weather conditions coaches may post a notice on the outside notice board to show a lesson is cancelled. Please check each lesson is on before leaving your child at the club.

All juniors taking part in coaching courses are expected to behave responsibly. Bad behaviour such as swearing, racket throwing etc. will result in immediate withdrawal from the lesson. Bullying in particular will not be tolerated. Parents will be informed should their child be involved in any incident involving disciplinary action. In some cases individuals may be not be allowed to continue with their coaching should their behaviour continue to adversely affect the group.

Frequently Asked Questions

1. What should I wear? – Players should wear ‘recognised tennis clothing’ – no football shirts, jeans etc. Tennis shoes must have non-marking soles.
2. Which group should I apply for? – Players returning from previous courses should stay on the same course unless they have been advised to change. New players can contact John Hall (Club Coach) for advice if necessary – Telephone: 020-8482-0518 (H), 0771-3951489 (M) or E-Mail: JohnH811@aol.com.
3. What happens if lessons are cancelled? – Players will be given credit vouchers for follow-on courses in the event of lessons being cancelled due to bad weather. These will be issued on the final week of each course. If you cannot make the final week, or it is cancelled due to bad weather, you may send a S.A.E. to ‘Mr. J. Hall, 2 Park Crescent, Enfield, Middx. EN2 6HS’ and I will post the vouchers to you. If you are in doubt about a lesson taking place please turn up to check. Please note players may not claim credits for lessons they miss which have not been cancelled e.g. holidays, illness etc.
4. Can I pay in instalments? – You can pay by 2 equal cheques if you prefer, post-dating the 2nd cheque to the first session after the Half Term break. If you join a course after it has started you can pay on a pro-rate basis.

Junior Coaching Programme – Reply Slip Autumn Term 2010

Name _____ Date of Birth _____

Address _____

Post Code _____ E-Mail (if applicable) _____

Home Tel. No. _____ Emergency Contact No. _____

Any relevant health concerns? e.g. asthma, allergies _____

Club Member – Yes/No* _____ Name of School _____

Course Code _____ Name of Course _____

Neither Barnet Lawn Tennis Club, nor any of the coaches working at the club, shall be liable for any injury sustained by anyone taking part in the above activity. We will undertake, however, to exercise all reasonable care and attention in making activities as safe as possible.

‘I have read and understood the information in the course application form, and would like my son/daughter* (named above) to take part in the course I have indicated’.

Signature of Parent/Guardian * _____

Print Name _____

Please send a completed reply slip and a cheque (made payable to ‘J. Hall’) to: Mr. J. Hall, 2 Park Crescent, Enfield, Middx. EN2 6HS’.

Please tick the boxes below if you **do not** wish to receive further course information sent by:

[] E-Mail [] Home address

Please tick the box below if you **do not** want your child to take part in coaching sessions which use video []

* Delete where appropriate