

East Hoathly Tennis Club

Adult Coaching

South Coast Tennis believes adults deserve the same opportunities as juniors to play, learn and compete. We offer a comprehensive programme to suit every player. The squads listed below cater for all standards and abilities.



The **Rusty Rackets** squad provides a way for adults to learn the basic skills of the game in a welcoming environment.

If you know the basics but want to take your game to the next level then **Doubles skills & drills** is for you.

SQUAD COACHING SESSIONS

Coaching Timetable 2010

Monday

Rusty Rackets **10am - 11am**

This course is aimed at lapsed players or beginners to tennis. It covers all basic techniques and tactics required to enjoy your singles & doubles.

Wednesday

Doubles skills & drills **10am - 11am**

A chance for players to hone their doubles skills and tactics. A must for all aspiring team players.

Team Practice **6:30pm - 7:30pm**

Coach led session for all team players.

All squad coaching sessions are £5 per hour. Payable every term.

INDIVIDUAL COACHING

Our coaches are available on request for individual lessons. So whether you would like help progressing to the next group or tips on perfecting that serve, fore-hand, backhand & volley then let us help you.

Luke Digweed (LTA CCA Licensed) **£20 per hour**

Rita Carter (LTA UKCC 2 & PTR) **£15 per hour**

WWW.SOUTHCOASTTENNIS.COM



**TO BOOK
OR
CONTACT US**

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