

East Hoathly Tennis Club Junior Coaching

We at SCT believe that it is very important for all juniors to get off to the right start with their tennis, so that is why we run all our squads from ages 5 to 16 years in accordance with the LTA National Competition Framework.



Mini Tennis ensures that juniors progress at the correct rate by using balls and equipment relevant to their age, height and ability. For more information on Mini Tennis contact one of our coaching team who will be more than willing to assist and advise.

SQUAD COACHING SESSIONS

Coaching Timetable 2010

Friday

Junior Club Night

Mini Tennis* (10 & under) 4:30-5:30pm

Yellow ball* (11 & over) 5:30-6:30pm

*FREE to all junior members

Saturday

Mini Tennis Red (5 - 8 yrs) 9:30 - 10:30am

Mini Tennis Orange (8-10 yrs) 10:30 - 11:30am

Mini Tennis Green (9 - 11yrs) 11:30 - 12:30pm

Challengers (11 + yrs) 12:30 - 1:30pm

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

All SCT coaches are LTA registered, First aid trained and CRB checked.

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.

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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