

## **TENNIS COACHING UPDATE - JULY 2021**

RCTC SUMMER JUNIOR TENNIS CAMP AUG 16-19th 2021

9:00-10:30 **RED GROUP**

10:30-12:00 **ORANGE GROUP**

Cost per day £15 or per week £50

## **LTA YOUTH TENNIS PROGRAMME AUTUMN TERM (Sep-Oct)**

### **(Age 4-11)**

LTA Youth Tennis is a fun starter course for kids who have never played the sport before, or may have played very little. Packed full of fun games and training drills to get kids active. We will be running the courses at Rowlands Castle Tennis Club in 2021.

Please find the below the different courses available for your child at the club from August 2021. To book onto a 6 week course contact our club coach Katie directly [ktrowley@btinternet.com](mailto:ktrowley@btinternet.com) or mobile 07810273389

### **Blue Stage**

#### **(Age 4-6)**

Young kids are bundles of energy just running around without a care in the world. But the programme is designed to finesse their fine motor skills like balance, agility and coordination. At this stage it's not about winning or losing but just getting to grips with the basics.

Wednesday 8th September- 13th October (6 weeks) 4:00-4:30pm

cost £40

## **Red Stage**

### **(Age 6-8)**

This looks a bit more like the tennis you know; overarm serves, rallies, scoring. Kids can use their new knowledge to play in competitions as teams or individuals. It's still soft balls and small courts but they're learning everything they'll need for the game ahead.

Wednesday 8th September - October 13th 4:30-5:30pm.

cost £50

## **Orange Stage**

### **(Age 8-11)**

All the skills they've been learning are turning them into tennis Titans. Time to throw in some tactics, extra techniques, problem-solving and leadership too on the court.

Wednesday September 8th - October 13th 5:30-6:30pm.

Cost £50

## **Green/Yellow Stage**

### **(Age 11+)**

At the Green/Yellow stage, children are now playing on a full size court. Children will continue to explore different game styles and start to find their own. They will evolve through well-rounded motor skills development whilst improving their physical capacities.

Thursday 9th September - 14th October 5:30-6:30pm

Cost £50

## **AUTUMN JUNIOR MATCHPLAY TOURNAMENT**

**WEDNESDAY 20<sup>th</sup> OCTOBER 4:30-6:30**

**THURSDAY 21<sup>st</sup> OCTOBER 5:00-6:30**

**PRIZES/CERTIFICATES FOR ALL    Entry Fee £10**

## **ADULT TENNIS COACHING**

**Silver Tennis** (Monday and Thursday 11:00am)

A gentle warm up , followed by a fun version of the doubles game, played with low compression balls, and no tram lines.

**Individual or private group** coaching available @ £30 per hour or £20 per ½ hour Monday - Thursday.

**Adult group coaching** (beginners/intermediates) Tuesday September 7th - October 12th

6 week programme getting back into the game, with fun drills and game play. Cost £50

## **Coming soon in September**

**Slice Girls** (Advanced ladies). Warm up, tennis drills and doubles/singles tactic play for advanced players. Date/timings tbc

**Cardio Tennis.** a fun mixed group fitness session featuring heart pumping effects of tennis drills, games and skills delivered with music.