

Reply before 20th December to take advantage of the prompt price



**PURLEY SPORTS CLUB
TERRY COOPER**

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**PURLEY LTC AUTUMN AND/OR SPRING TERM COACHING LETTER
(JANUARY – APRIL 2012)
FOR JUNIORS AND ADULTS OF ANY AGE AND STANDARD
(Club members only)**

ALL COACHING STARTS FROM WEDNESDAY 4TH JANUARY 2012

PLEASE NOTE – We are hoping to generate more mini tennis coaching sessions in school year groups and the starting times could be anything between 4.00pm and 5.00pm (in other words, a group could start at 4.15 or 4.30 for instance).

COACHING OPTIONS:

Current participants should still return their reply form and attend the same group, unless notified. Should you wish to change groups, please indicate your availability on the reply form and await confirmation. **New applicants** should also send in the reply form and await confirmation.

PAY AND PLAY SATURDAY MORNING COACHING SESSIONS – Members = £3, Non-Members = £5

Saturday mornings are now structured coaching sessions for members or non-members. No booking required, just turn up and pay on the day. No termly commitment required. Players will be divided into ability and/or age groups,

9.00am – 10.00am - All juniors – Infants (reception – year 2)
Juniors (years 3 – 6)
Seniors (year 7 upwards) } **STARTS 7th JANUARY**

JANUARY PROMOTION – 4 x 1 hour Group sessions weekly = £20.00

**MINI TENNIS (up to Year 5)
LADIES MORNINGS**

**JUNIOR TENNIS (Year 6 upwards)
ADULT TENNIS / CARDIO TENNIS**

Available for **NEW PARTICIPANTS** only (members or non-members). The players will be given the option to continue after the 4 weeks.. Non-Members will be required to join the club at this time at a pro rata rate.

MINI TENNIS – 12 x 1 hr sessions weekly = £69 term prompt (£79 late) (Reception – yr 5 children)

Mini Tennis lessons are available on all days of the week at Purley Sports Club. Some sessions will be indoors at a venue nearby. As mentioned above, players will be grouped in their school years, where possible.

**MINI TOTS TENNIS – 12 x 45 mins sessions weekly = £59 term prompt (£69 late)
(3-4 year olds attending nursery / pre school)**

Mini tots tennis will be offered week days (dependent upon demand)
9:30 - 10:15am and/or 1:30 – 2:15pm at Purley Sports Club and/or at an indoor venue locally.

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JUNIOR COACHING PROGRAMME (JCP) – 12 x 1 hr sessions weekly = £69 term prompt (£79 late)
(school year 6 and above)

One hour coaching sessions are available on all days of the week at various times for any standard of play. You will be grouped according to experience and availability.

INVITATION SQUADS – TENNIS & MINI TENNIS – 12 x 1½ hr sessions weekly - £89 term prompt (£99 late)

These are invitation squads for the more serious player, who wants to compete regularly and who has general athletic and sporting ability and good basic technique and who has a desire to participate in a more challenging Group. The squads will be one and a half hours duration. Invitation Squads for Red, Orange & Green level are included. You may apply for these squads, but may not necessarily be successful. **All team members are encouraged to apply.**

LADIES MID WEEK TENNIS COACHING - 12 x 1½ hr sessions weekly = £89 per term prompt (£99 late)
12 x 1 hr session weekly (1:4 ratio) = £96 per term prompt (£106 late)

Offered mornings/ afternoons on all days of the week for ladies of all standards of play.

INDIVIDUAL COACHING - 5 x 1 hr sessions or 10 x 30 min sessions = £144 / term prompt (£154 late)
- 10 x 1 hour sessions = £288 per term prompt (£298 late)

Individual coaching or lessons shared by 2, 3 or 4 people are available for juniors or seniors of any standard of play (please contact Terry for more information). Costs per person are as follows:

1 Person	£30/hour or £144 (5 hours)	3 Persons	£11/hour or £50 (5 hours)
2 Persons	£16/hour or £75 (5 hours)	4 Persons	£9/hour or £40 (5 hours)

(please note – 24 hours' notice of cancellation is required to avoid charges)

ADULT GROUP COACHING – Wednesday evenings } 12 x 1 hour sessions = £69 prompt (£79 late)
- Monday evening } or 12 x 1½ hour session = £89 prompt (£99 late)

Other days may be possible depending upon demand.

CARDIO TENNIS – Cardio Tennis (to music) is a great new way of getting fit or staying in shape! You consistently elevate your heart rate into your aerobic training zone. Even though you are playing tennis, the focus is primarily on getting a great workout. Sessions are currently running as follows: Tuesday 9.30 – 10.30, Wednesday 9.30 – 10.30, Wednesday 10.45 – 11.45 and Saturday 4.30 – 5.30 (3.30 – 4.30 in January). Please indicate your interest on the reply form.

BOOKING

Please return the attached coaching form promptly to secure your place and by **20th December 2011** to take advantage of the Prompt Payment Price and discount scheme (if applicable), enclosing a cheque made payable to “ **T COOPER** “ and send to:

Terry Cooper, Purley Sports Club, The Ridge, Purley, Surrey CR8 3PF
Telephone: 020 8763 9218 / Mobile 07745 899 123
email on terry.coopertennis@sky.com

NB
Prompt Price: Payment and form received by 20th December 2011
Late price: Payment and form received after 20th December 2011

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**Please note:
COACHING**

- All coaching RE-STARTS from **Wednesday, 4th January**
- There will be no sessions between Monday 13th February – Friday 17th February 2012 (Half-Term)

CLUB SESSIONS Re start as follows

- | | | |
|--------------------------|---------------------------------------|----------------|
| - SCHOOL YEAR 6 & UNDER | - Wednesday 22 nd February | 4.30 – 5.30pm |
| - SCHOOL YEAR 6 & UNDER | - Friday 6 th January | 4.00 – 5.00pm |
| - SCHOOL YEAR 7 AND OVER | - Friday 6 th January | 5.00 – 6.00pm |
| - ADULT MIDWEEK | - Friday 6 th January | 9.30 – 11.30am |
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JUNIOR NEWSLETTER

- To follow shortly, together with a list of all next terms tournaments and activities.