

2010 TEAM TRAINING AND SELECTION SESSIONS

OPEN TO ANY INTERESTED PLAYER – please speak to Caroline, Rod, Liz Berryman or Richard Rogers if you are unsure which session to attend

4 weeks only 9th March – 1st April

Followed by 2 weeks of practise sessions on Tuesday and Thursdays until 15th April (no coaches)
Summer Social Tennis will start on Tuesdays and Thursdays from 20th April

TUESDAY	7.00pm-8.30pm	8.30pm- 10pm
Wk1 9.3.10	Mens 5 -7	Mens 1- 4
Wk2 16.3.10	Mens 1-4	Mens 5-7
Wk3 23.3.10	Mens 5 -7	Mens 1- 4
Wk4 30.3.10	Mens 1-4	Mens 5-7
THURSDAY	7.00pm-8.30pm	8.30pm - 10pm
Wk1 11.3.10	Womens 4-6	Womens 1-3
Wk2 18.3.10	Womens 1-4	Womens 5-6
Wk3 25.3.10	Womens 4-6	Womens 1-3
Wk4 1.4.10	Womens 1-4	Womens 5-6

- Sessions will be a mix of warm-up drills and competitive play
- 2 coaches per session except 1 coach for the 2nd session on Thursday evenings
- Caroline and Rod will each attend a minimum of 2 sessions with every team
- If any womens 4th team member cant attend the 1st session they should attend the 2nd session instead
- £20 for all 4 sessions if paid on 1st evening or £7 per session if paying on an ad-hoc basis
- More details on Selection Committee and Policy at Team Dinner