

# A Summer of Tennis

## What's happening in April?

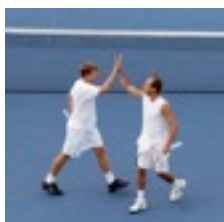
- Saturday April 2<sup>nd</sup>: our Under 12 Premier team opens the season with a match against Hackney City at 12 noon main courts– all supporters welcome.
- 5<sup>th</sup> April - Tuesday & Thursday evening club play sessions start 7.00pm (no fee)
- Throughout April, Thursday club play sessions will continue with coach Josh as organizer (no fee)
- Weekend club play sessions move from 2.00pm – 6.00pm (with the clock change)
- **Monday 4<sup>th</sup> April** Special Guest Session from member and Sports Psychologist William Winston (see below)
- **Thursday 14<sup>th</sup> April** Special Guest Session – Tennis Fitness with Nicky Wellfair and Piotr Narecki 7.00pm – 8.00pm (see below)
- Sunday 17<sup>th</sup> April 1.30pm - Start the Season American Doubles Tournament
- Brookside courts open (date to be announced shortly)

## Tennis Performance Psychology

William Winstone will lead an interactive session building up your ability to perform under pressure:

- Enjoy your tennis more....And play better.
- Develop your own performance routines
- Build successful doubles partnerships
- Stop the chimp taking over !

Monday 4<sup>th</sup> April 7.30-9.00 – The Clubhouse  
Entry: £5 – all proceeds to club funds.



William is a sport psychologist and ex tennis coach with clients ranging from GB Rowing and GB Canoeing to Team GB in 2008, and Paralympics GB as they prepare for 2012. He specialises in tuning the key relationships that underpin performance, primarily the player – coach partnership, but also the vital role parents plays with younger players.

His sport psychology work also includes projects with UK Athletics, Badminton England and UK Sport. Corporate clients range from The Cabinet Office to The Royal Shakespeare Company as they prepared for the opening of their new theatre.

## Tennis Fitness Session

Summer season is fast approaching.... are you feeling full of energy and ready to get out on that tennis court? Or do you wish you could move a bit faster, hit the ball slightly harder, or shift those few excess pounds that have crept on over the cold winter months?

Piotr Narecki & Nicky Wellfair are running a trial fitness session aimed at **ALL** members, regardless of fitness levels or tennis ability. There will be a variety of exercises covering cardiovascular fitness, muscular endurance, power and flexibility. There will also be an emphasis on functional training (training the body for the activities performed in daily life), with many of the exercises matching the movements involved in a game of tennis. So if you want to improve your fitness and have some fun at the same time, why not come along and give it a go!

Entry fee: £5 all proceeds to club funds. Places are limited so please e-mail Nicky ([nwellfair@hotmail.com](mailto:nwellfair@hotmail.com)) to sign up.

## Finishing your ladder or wanting to practice?

Good times for ladder play or practice in April are:

- Monday evenings – all main courts available after 7.00pm
- Wednesday evenings – main courts available from 7.00pm and all school courts after 7.30pm
- Sunday mornings before 12noon

## Looking for Adult Coaching?

		Available for booking
<b>Caroline</b>	07940 717929	Monday & Thursday evenings Saturday 9.30am – 10.30am, 12noon – 1.00pm, 1.00pm – 2.00pm.
<b>Steve</b>	07773 862120	Wednesday 7.30pm – 9.30pm Thursdays 8.00pm – 9.30pm
<b>Josh</b>	07706 266895	Saturday afternoon & Sunday mornings
<b>Dan</b>	07578 159424	For hitting sessions Saturday and Sunday afternoons
<b>Dinal</b>	07956 195856	Tuesday evenings

If you are looking for coaching mid week daytime please contact coach to discuss.

## New Coaching Courses starting Thursday 12<sup>th</sup> May

Caroline and Steve are each running doubles coaching courses starting 12<sup>th</sup> May (no session 2<sup>nd</sup> June).

**Doubles skills and tactics** - course with Caroline, (1: 8 coaching ratio)

Ideal for those wanting to improve their match play (mens teams 6-7, womens 3-6) or those new to doubles play and wanting to improve their confidence at club sessions.

**Thursdays 2 sessions available: 7-8.15pm or 8.15-9.30pm (1.25hrs)**

Cost: £55 or £48 booked and paid for a week in advance (max 8 people)

If interested, email Caroline before April 30<sup>th</sup>, [caroline1tennis@yahoo.co.uk](mailto:caroline1tennis@yahoo.co.uk)

**Performance Doubles Course** – course with Steve plus second performance coach (1:4 coaching ratio). Ideal for players of a playing level equivalent to the mens 5<sup>th</sup> team and above and women's 1<sup>st</sup>/2<sup>nd</sup> team level. Each week the drills will build on the learning objectives from the previous week and will cover:

1. Understanding Court Geometry and Court Positioning
2. Return Options
3. Doubles Formations (i.e: Traditional, Eye, Tandem)
4. Doubles Tactics.
5. The returning team (i.e return options and formations)
6. Dealing with the lob

**Thursdays 7.30pm – 9.00pm (1.5hrs)**

Cost: £84 or £72 booked and paid for a week in advance (max 8 people)

If interested, email Steve before April 30<sup>th</sup> [steve.dunklin@tesco.net](mailto:steve.dunklin@tesco.net)