

# GDT

## **CAVERSHAM TENNIS CLUB**

**Coaching Programme**

### **April – July 2009**

*12 week courses*

**Starts Monday 20<sup>th</sup> April ending Sunday 19<sup>th</sup> July (Excludes half term period)**

No coaching on the following dates:

Mon 4<sup>th</sup> May (bank holiday), Sun 24<sup>th</sup> May, Mon 25<sup>th</sup> May, Tues 26<sup>th</sup> May,  
Weds 27<sup>th</sup> May, Thurs 28<sup>th</sup> May, Fri 29<sup>th</sup> May, Sat 30<sup>th</sup> May.

### **Want to start?**

## **BOOK A FREE ASSESSMENT**

Not played since school?  
Played quite a lot?

Give us a call to arrange a  
FREE 15min Assessment

**0118 375 8324**

### **BOOK ONLINE!**

## **NEW GDT Online Booking System**

No more filling in paper forms!  
Get immediate confirmation!

Register yourself & your family  
with GDT Online Booking.

[www.gdtennis.co.uk](http://www.gdtennis.co.uk)

Additional charges apply for non-members. Payable to 'CLTC'.

JUNIORS £20 for the 12 week term.

ADULTS £45 for the 12 week term.

 **9 courts (2 indoors Oct-March)**

 **Adult groups for abilities**

 **Large Mini Tennis Programme**

 **Individual Tennis lessons**

 **Toddler & Parent Tennis**

 **U12's Performance Academy**

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| DAY       | EVENT                     | AGE      | TIME            | COACH          | 12 WK COURSE                       |
|-----------|---------------------------|----------|-----------------|----------------|------------------------------------|
| Monday    | Ladies Team Players       | Adult    | 9.00 – 10.30am  | Gary (11wks)   | £132                               |
| Monday    | Ladies Advanced           | Adult    | 10.30 – 12.00pm | Gary (11wks)   | £132                               |
| Monday    | Ladies Intermediates      | Adult    | 12.00 – 1.30pm  | Paul (11wks)   | £132                               |
| Monday    | Ladies Improvers          | Adult    | 1.30 – 3.00pm   | Karen (11wks)  | £132                               |
| Tuesday   | Mini Tennis Red           | 4-8yrs   | 4.00 – 5.00pm   | Lorcan         | £96                                |
| Tuesday   | Mini Tennis Orange Low    | 8-9yrs   | 4.00 – 5.00pm   | Ricky          | £96                                |
| Tuesday   | Mini Tennis Orange Mid    | 9-10yrs  | 5.00 – 6.00pm   | Ricky          | £96                                |
| Tuesday   | Mini Tennis Green         | 9-10yrs  | 5.30 – 6.30pm   | Lorcan         | £96                                |
| Wednesday | Ladies Intermediates      | Adult    | 9.30 – 11.00am  | Karen          | £144                               |
| Wednesday | Ladies Improvers          | Adult    | 11.00 – 12.30pm | Karen          | £144                               |
| Wednesday | Ladies Beginners          | Adult    | 12.30 – 2.00pm  | Lorcan         | £144                               |
| Wednesday | Toddler & Parent Tennis   | 3-4yrs   | 2.00 – 2.45pm   | Karen          | £72                                |
| Friday    | Mini Tennis Red Club      | 5-8yrs   | 4.00 – 5.00pm   | Team           | CLTC members only. FREE of charge. |
| Friday    | Mini Tennis Orange Club   | 8-9yrs   | 5.00 – 6.00pm   | Team           |                                    |
| Friday    | Mini Tennis Green Club    | 9-11yrs  | 6.00 – 7.00pm   | Team           |                                    |
| Friday    | Junior Teen Club Night    | 12yrs+   | 6.00 – 7.30pm   | Team           |                                    |
| Friday    | Junior B / C Adv Squad    | 12-14yrs | 6.30 – 8.00pm   | Ricky          |                                    |
| Saturday  | Mini Tennis Red Young     | 4-8yrs   | 9.00 – 10.00am  | Ricky & Lorcan | £96                                |
| Saturday  | Mini Tennis Red           | 7-8yrs   | 10.00 – 11.00am | Ricky & Lorcan | £96                                |
| Saturday  | Mini Tennis Orange        | 8-9yrs   | 11.00 – 12.00pm | Ricky & Lorcan | £96                                |
| Saturday  | Adult Intermediates       | Adult    | 12.00 – 1.30pm  | Ricky          | £144                               |
| Saturday  | Mini Tennis Green         | 9-10yrs  | 1.30 – 2.30pm   | Lorcan         | £96                                |
| Saturday  | Junior F Squad            | 11-13yrs | 2.30 – 4.00pm   | Karen          | £144                               |
| Saturday  | Junior E Squad            | 11-13yrs | 4.00 – 5.30pm   | Karen          | £144                               |
| Saturday  | Junior D Squad            | 11-13yrs | 5.30 – 7.00pm   | Karen          | £144                               |
| Sunday    | Adult Improver Drills     | Adult    | 10.00 – 11.00am | Karen          | £96                                |
| Sunday    | Adult Intermediate Drills | Adult    | 11.00 – 12.00pm | Karen          | £96                                |
| Sunday    | Junior C Squad            | 12yrs+   | 1.00 – 2.30pm   | Karen          | £144                               |
| Sunday    | Junior C Squad Adv        | 12yrs+   | 2.30 – 4.00pm   | Ricky          | £144                               |
| Sunday    | Junior B Squad            | 14yrs+   | 4.00 – 5.30pm   | Ricky          | £144                               |
| Sunday    | Junior A Squad            | 15yrs+   | 5.30 – 7.00pm   | Ricky          | £144                               |

Additional charges apply for non-members. Payable to 'CLTC'.

JUNIORS £20 for the 12 week term. ADULTS £45 for the 12 week term.

Complete and send to: **GDT, PO Box 3484, Wokingham, Berkshire, RG40 9BA**

Cheques payable to: **GDT**

**CAVERSHAM LAWN TENNIS CLUB**

12 weeks

April – July 2009

Course:

Day and time:

Full Name:  Age:

DOB:  BTM No. (if any)

Address:

Phone:

Mobile:

School:

Email:

Parents Name/s:

Does the player have any **medical conditions**, take any form of permanent or temporary **medication** or have any other considerations (physical or behavioural) that the coaches should be aware of. Please list any **allergies** (e.g. bee stings, nuts etc), **asthma, epilepsy, diabetes** or any other?

Do you give permission for your child to **walk / cycle home on their own** after their coaching session?

Yes / No

Signed

**Photography and video consent:** GDT may use video analysis to assist with coaching. Video will be deleted once it has been reviewed by the coach / player / parents unless you agree separately to it being stored for future use. GDT may take digital images to be used for GDT marketing purposes / website. To be excluded tick here.