

# GDT

## **WARGRAVE 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)



**8 Floodlit Tennis Courts**



**Adult groups for all abilities**



**Regular Competitions**



**Individual Tennis lessons**



**Mini Tennis Programme**



**GDT Online Booking**

# GDT

**[gdtennis.co.uk](http://gdtennis.co.uk)**  
**0118 375 8324**

# April – July 2009 12 week courses

Starts Monday 20<sup>th</sup> April ending Sunday 19<sup>th</sup> July  
See front for dates that are excluded

## MINI TENNIS AND JUNIORS

| DAY       | EVENT                        | AGE           | TIME            | COACH       | 12 WK COURSE |
|-----------|------------------------------|---------------|-----------------|-------------|--------------|
| Monday    | Mini Tennis Red Advanced     | 4-8yrs        | 4.00 – 5.00pm   | Paul        | £77 (11wks)  |
| Monday    | Mini Tennis Orange           | 8-9yrs        | 4.00 – 5.00pm   | Team        | £77 (11wks)  |
| Monday    | Mini Tennis Red              | 4-8yrs        | 5.00 – 6.00pm   | Jane        | £77 (11wks)  |
| Monday    | Girls Improvers              | U15's         | 5.00 – 6.00pm   | Alex        | £77 (11wks)  |
| Monday    | Mini Tennis Orange Advanced  | 8-10yrs       | 5.00 – 6.00pm   | Paul        | £77 (11wks)  |
| Monday    | Mini Tennis Red / Orange     | 5-9yrs        | 6.00 – 7.00pm   | Jane        | £77 (11wks)  |
| Monday    | Mixed Development Squad      | 10-13yrs      | 6.00 – 7.00pm   | Paul        | £77 (11wks)  |
| Monday    | Boys / Girls Development     | 11-15yrs      | 6.00 – 7.00pm   | Alex        | £77 (11wks)  |
| Monday    | Club Night & Team Practice   | 8yrs+         | 7.00 – 8.00pm   | Team        | £77 (11wks)  |
| Tuesday   | Mini Tennis Red Adv / Orange | 8-9yrs        | 4.00 – 5.00pm   | Alex        | £84          |
| Tuesday   | Mini Tennis Green Advanced   | 10-13yrs      | 5.00 – 6.00pm   | Paul & Alex | £84          |
| Tuesday   | Girls & Boys U14's Squad     | U14's         | 5.00 – 6.00pm   | Paul & Alex | £84          |
| Tuesday   | Girls & Boys U18's Advanced  | U18's         | 6.00 – 7.00pm   | Paul        | £84          |
| Wednesday | Mini Tennis Orange Advanced  | 8-9yrs        | 5.00 – 6.00pm   | Alex        | £84          |
| Wednesday | Development Squad            | U15's         | 5.30 – 7.00pm   | Paul        | £126         |
| Wednesday | Girls Orange Improvers       | 8-9yrs        | 6.00 – 7.00pm   | Alex        | £84          |
| Wednesday | U12's & U14's Mixed Squad    | U12's & U14's | 6.00 – 7.00pm   | Alex        | £84          |
| Thursday  | Mini Tennis Orange / Green   | 7-10yrs       | 5.00 – 6.00pm   | Alex        | £84          |
| Thursday  | Girls Advanced               | U16's & U18's | 5.00 – 6.30pm   | Paul        | £126         |
| Thursday  | U12's & U14's Advanced Squad | U12's & U14's | 6.00 – 7.00pm   | Alex        | £84          |
| Friday    | Mini Tennis Club Night       | 5-8yrs        | 4.30 – 5.30pm   | Team        | Members only |
| Friday    | Development Squad            | U15's         | 5.30 – 7.00pm   | Paul        | £126         |
| Saturday  | Mini Tennis Red              | 4-8yrs        | 9.00 – 10.00am  | Jane & Team | £84          |
| Saturday  | Mini Tennis Orange Improvers | 8-9yrs        | 9.00 – 10.00am  | Alex        | £84          |
| Saturday  | Mini Tennis Orange / Green   | 8-10yrs       | 10.00 – 11.00am | Paul & Alex | £84          |

## ADULT DRILLS AND COACHING

| DAY       | EVENT                        | AGE   | TIME           | COACH     | 12 WK COURSE |
|-----------|------------------------------|-------|----------------|-----------|--------------|
| Monday    | Men's Advanced Squad         | Adult | 8.00 – 9.00pm  | Paul      | £84          |
| Tuesday   | Ladies Beginners             | Adult | 9.30 – 11.00am | Paul/Alex | £126         |
| Tuesday   | Ladies Beginners / Improvers | Adult | 7.00 – 8.00pm  | Paul/Alex | £84          |
| Wednesday | Ladies Drills                | Adult | 7.00 – 8.00pm  | Paul      | £84          |
| Thursday  | Ladies Intermediates         | Adult | 9.30 – 11.00am | Paul/Alex | £126         |
| Thursday  | Mixed Lower Team Squad       | Adult | 7.00 – 8.00pm  | Paul/Alex | £84          |
| Saturday  | Adult Drills                 | Adult | 9.00 – 10.00am | Paul      | £84          |

Additional charges apply for non-members. Payable to 'Wargrave LTC'. JUNIORS £24 per term. ADULTS £24 per term.

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| Complete and send to: <b>GDT, PO Box 3484, Wokingham, Berkshire, RG40 9BA</b>  | <b>WARGRAVE TENNIS CLUB</b>                                     |
| Cheques payable to <b>GDT</b>  | <b>12 weeks April – July 2009</b>                               |
| Course: <input type="text"/>   | Day and time: <input type="text"/>                              |
| Full Name: <input type="text"/> Age: <input type="text"/>  | DOB: <input type="text"/> BTM No. (if any) <input type="text"/> |
| Address: <input type="text"/>  | Phone: <input type="text"/>                                     |
| <input type="text"/>   | Mobile: <input type="text"/>                                    |
| <input type="text"/>   | School: <input type="text"/>                                    |
| Email: <input type="text"/>  | Parents Name/s: <input type="text"/>                            |
| Does the player have any <b>medical conditions</b> , take any form of permanent or temporary <b>medication</b> or have any other considerations (physical or behavioural) that the coaches should be aware of. Please list any <b>allergies</b> (e.g. bee stings, nuts etc), <b>asthma, epilepsy, diabetes</b> or any other?<br><input type="text"/>                     |   |
| Do you give permission for your child to <b>walk / cycle home on their own</b> after their coaching session? <input type="checkbox"/> Yes / <input type="checkbox"/> No Signed <input type="text"/>  |   |
| <b>Photography and video consent:</b> 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. <input type="checkbox"/> |   |