

COACHING PROGRAMME

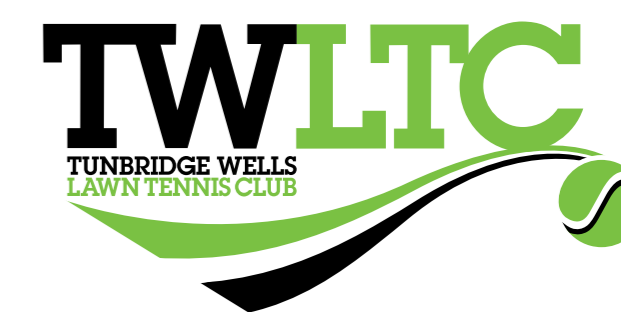
2018



The tables below detail the coaching sessions available at TWLTC throughout 2018. Please contact us for the complete Coaching Programme, which includes information and booking forms for all courses.

We look forward to helping you raise your game!

t. 01892 525625 e. coaching@twltc.co.uk w. www.twltc.org



JUNIOR COACHING PROGRAMME 2018

Course	Age (years)	Day	Time	Member weekly	Non-Member weekly
MONDAY					
Red Club	4 - 6	Monday	4.30 - 5.30	£7.50	£9.50
Red Club	6 - 8	Monday	4.30 - 5.30	£7.50	£9.50
Red Stars	6 - 8	Monday	4.30 - 5.30	£7.50	£9.50
Orange Club	9 & Under	Monday	4.30 - 5.30	£7.50	£9.50
Green Club	10 & Under	Monday	4.30 - 5.30	£7.50	£9.50
U12 Club	U12s	Monday	5.30 - 6.30	£7.50	£9.50
U12 Stars	U12s	Monday	5.30 - 6.30	£7.50	£9.50
U12 Academy	U12s	Monday	5.30 - 7.00	£11.00	£14.00
U14 Club	U14s	Monday	5.30 - 6.30	£7.50	£9.50
U16 Stars	U16	Monday	6.30 - 8.00	£11.00	£14.00
U18 Stars	U18	Monday	6.30 - 8.00	£11.00	£14.00
TUESDAY					
Red Club	4 - 6	Tuesday	4.30 - 5.30	£7.50	£9.50
Red Club	6 - 8	Tuesday	4.30 - 5.30	£7.50	£9.50
Red Stars	6 - 8	Tuesday	4.30 - 5.30	£7.50	£9.50
Orange Club	9 & Under	Tuesday	4.30 - 5.30	£7.50	£9.50
Orange Academy	9 & Under	Tuesday	4.30 - 5.30	£7.50	£9.50
Green Club	10 & Under	Tuesday	4.30 - 5.30	£7.50	£9.50
Green Stars	10 & Under	Tuesday	5.30 - 6.30	£7.50	£9.50
U12 Club	U12s	Tuesday	5.30 - 6.30	£7.50	£9.50
U12 Academy	U12s	Tuesday	5.30 - 6.30	£7.50	£9.50
U14 Academy	U14s	Tuesday	6.30 - 8.00	£11.00	£14.00
WEDNESDAY					
Red Club	4 - 6	Wednesday	4.30 - 5.30	£7.50	£9.50
Red Club	6 - 8	Wednesday	4.30 - 5.30	£7.50	£9.50
Orange Club	9 & Under	Wednesday	4.30 - 5.30	£7.50	£9.50
Orange Stars	9 & Under	Wednesday	4.30 - 5.30	£7.50	£9.50
Green Club	10 & Under	Wednesday	4.30 - 5.30	£7.50	£9.50
U12 Club	U12s	Wednesday	5.30 - 6.30	£7.50	£9.50
U14 Club	U14s	Wednesday	5.30 - 6.30	£7.50	£9.50
U14 Academy	U14s	Wednesday	6.30 - 8.00	£11.00	£14.00
U18 Stars	U18s	Wednesday	6.30 - 8.00	£11.00	£14.00
THURSDAY					
Red Stars	4 - 6	Thursday	4.30 - 5.30	£7.50	£9.50
Red Stars	6 - 8	Thursday	4.30 - 5.30	£7.50	£9.50
Orange Academy	9 & Under	Thursday	4.30 - 5.30	£7.50	£9.50
Green Stars	10 & Under	Thursday	5.30 - 6.30	£7.50	£9.50
U12 Stars	U12s	Thursday	5.30 - 6.30	£7.50	£9.50
U12 Academy	U12s	Thursday	5.30 - 7.00	£11.00	£14.00
U16 Stars	U16s	Thursday	6.30 - 8.00	£11.00	£14.00
U18 Academy	U18s	Thursday	6.30 - 8.00	£11.00	£14.00
FRIDAY					
Friday Junior Club Night - FREE TO MEMBERS AGE 4-11 : 4-5pm AGE 12-19 : 5-6.30pm					
Orange Stars	9 & Under	Friday	4.30 - 5.30	£7.50	£9.50
U14 Club	U14s	Friday	6.15 - 7.15	£9.00	£11.00
SATURDAY					
Red Club	3 - 6	Saturday	9.00 - 9.45	£6.00	£7.50
Red Club	6 - 8	Saturday	9.45 - 10.30	£6.00	£7.50
Orange Club	9 & Under	Saturday	10.30 - 11.30	£7.50	£9.50
Green Club	10 & Under	Saturday	10.30 - 11.30	£7.50	£9.50
U12 Club	U12s	Saturday	11.30 - 12.30	£7.50	£9.50
U12 Academy	U12s	Saturday	8.30 - 10.30	£14.00	£17.00
U14 Club	U14s	Saturday	11.30 - 12.30	£7.50	£9.50
U16 Club	U16s	Saturday	11.30 - 12.30	£7.50	£9.50
U18 Club	U18s	Saturday	1.00 - 2.00	£7.50	£9.50
U18 Stars	U18s	Saturday	4.00 - 5.30	£11.00	£14.00
SUNDAY					
Red Club	4 - 6	Sunday	10.15 - 11.00	£6.00	£7.50
Red Club	6 - 8	Sunday	10.15 - 11.00	£6.00	£7.50
Orange Club	9 & Under	Sunday	11.00 - 12.00	£7.50	£9.50
Green Club	10 & Under	Sunday	11.00 - 12.00	£7.50	£9.50
U14 Club	U14s	Sunday	12.00 - 1.00	£7.50	£9.50

ADULT COACHING TIMETABLE 2018

Course	Day	Time	Cost
Intermediate/Advanced	Monday	9.30am-11.00am	£11.00
Cardio	Tuesday	9.30am-11.00am	£11.00
Cardio	Wednesday	8.45am-10.15am	£11.00
Beginner	Wednesday	9.30am-11.00am	£11.00
Beginner Plus	Wednesday	8.00pm-9.00pm	£8.00
Adult Advanced	Wednesday	8.00pm-9.30pm	£11.00
Intermediate	Thursday	9.30am-11.00am	£11.00
Intermediate/Advanced	Friday	9.30am-11.00am	£11.00
Cardio + Drills	Friday	4.00pm-6.00pm	£8.00
Intermediate/Advanced	Saturday	10.30am-12.00pm	£11.00
Intermediate	Saturday	2.00pm-3.30pm	£11.00

The above adult courses are only open to members of TWLTC, however non-members may trial a course for up to a year. After that they will be required to take out a membership of TWLTC. A Coaching Only membership is available.

ADULT PAY AS YOU GO TENNIS 2018

Course	Day	Time	Cost	Pay as you go
Drills	Monday	8-9.30pm	£6	Pay in bar, ticket to coach, members only
Team Practice	Tuesday	8-9.30pm	£1	Pay in bar, invite only
Organised Mix-in	Thursday	8-9.30pm	£1	Pay in bar, register in advance

INDIVIDUAL LESSONS

This allows players to have their own individual lessons (maximum two players) at a mutually convenient time. Individual lessons are subject to coach and court availability with group lessons taking priority. Please note costs for this are charged per player. Contact any of the coaches directly to book. Prices are set out below.

COACHING PRICES

Coach	Individual	2 Players	Coach	Individual	2 Players
James Charman	£26	£30	Lucy Van Doren	£25	£30
Andre Mewett	£30	£35	Darren Bradley	£26	£30
James Yeates	£25	£30	Danny Jones	£26	£30

PROGRAMME DATES 2018

Term	Starts week commencing	Up to and including week commencing	Half term	No tennis (Bank Holidays)	Course weeks	Spare/Rain week
Winter	2 January	19 March	12-18 February	1 January	10/11	23/3-29/3
Summer	16 April	9 July	28 May-3 June	7 May	12	16-22/7
Autumn	3 September	10 December	22-26 October		13/14	15-21/12

TWLTC HOLIDAY CAMPS 2018

Term	Starts date	End date	Time age 4-10	Time age 11-18	Cost (Member/Non-Member)	Discount for whole week
February Half Term	12 February	16 February	9.30am-12.30pm	1.30pm-4.30pm	£18/£22	10%
Easter	9 April	13 April	9.30am-12.30pm	1.30pm-4.30pm	£18/£22	10%
May Half Term	29 May	1 June	9.30am-12.30pm	1.30pm-4.30pm	£18/£22	10%
Summer Week 1	23 July	27 July	9.30am-12.30pm	1.30pm-4.30pm	£18/£22	10%
Summer Week 2	6 August	10 August	9.30am-12.30pm	1.30pm-4.30pm	£18/£22	10%
Summer Week 3	20 August	24 August	9.30am-12.30pm	1.30pm-4.30pm	£18/£22	10%
Summer Week 4	28 August	31 August	9.30am-12.30pm	1.30pm-4.30pm	£18/£22	10%
October 2018 Half Term	22 October	26 October	9.30am-12.30pm	1.30pm-4.30pm	£18/£22	10%

THE TEAM

Club Manager Laura manages all aspects of TWLTC. Please contact her with any non-coaching queries you may have:
Laura Byers 01892 525625 / admin@twltc.co.uk



Director of Tennis James Charman

Our Director of Tennis, James, oversees the whole coaching programme at TWLTC. He has gained experience from many leading academies and coaches including the IMG academy in Florida and implements several of their philosophies into his coaching here. He has worked with many top juniors including two Road to Wimbledon national quarter finalists. James works with players from club to national standard.
 Office: 01892 525625 email: jcharman@twltc.co.uk

Tennis Coaches

Andre Mewett
 Andre knows what it takes to to succeed, whether as a world-ranked player or an aspirational club player. He has developed player pathways from mini-tennis to elite players, gaining enormous experience working both in the UK and more recently in Australia at club level, at Melbourne Park with the National Performance Team as a Talent ID coach for Tennis Australia. He was County Champion six times and a world-ranked player. He is a Level 4 LTA Performance coach.
 Mobile: 07496 392161

Darren Bradley
 Darren is a very enthusiastic coach who has over 15 years experience working at various clubs in England. He is an LTA level 3 DCA coach who works with players of all abilities from orange level to adults. Darren has played first and second team club tennis for 20 years' and has played regional level LTA tournaments since being a junior. He also represented Greenwich University tennis team in the national cup where he gained a degree in sport science.
 Mobile: 07825 748763

Lucy Van Doren
 Lucy has been coaching for nine years and is a qualified LTA Level 3 coach. She works with all Mini Tennis abilities as well as beginner to intermediate adults. On court she is enthusiastic, patient and encouraging. Lucy has good communication skills with both the pupils and parents. Finally, one of Lucy's unique teaching skills is the ability to build up an individual rapport with her players; allowing her to tailor lessons specific to their training needs.
 Mobile: 07849 051696

James Yeates
 James's extensive experience as a regional and national player will lead to well-informed tactical feedback in your lessons. Combined with his background in video analysis, he will perfect your technique and give you a chance to watch yourself back on screen using the latest performance technology. James is a fully licensed LTA and PTR qualified coach, his encouraging and patient personality as a coach will lead you to achieve your goals.
 Mobile: 07427 376234

Danny Jones
 Danny has been working as Head Coach at two tennis clubs in Leeds and has also taken a BSc(Hons) in Sports Coaching at Leeds Beckett University. He is a Level 4 coach and combines drive, energy and communication skills, along with the tactical and technical knowledge of the game, to guide players' development. He has experience coaching mini-tennis through to adults and has worked with people with learning disabilities. He has a 4.2 rating and brings great passion and enthusiasm to TWLTC.
 Mobile: 07578 223585