



TENNIS COACHING

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MILTON KEYNES TENNIS CLUB

Milton Keynes Tennis Club is the home of 'Stuart Lovell Tennis Ltd'. **A top quality coaching programme.**

We have a Coaching Programme that is accessible for both members and non-members of the tennis club. The tennis club is a members only club, but encourages and welcomes everyone to join and take advantage of our facilities and opportunities. Running sessions for all skill bases and ages of players. We are an LTA affiliated club, with 6 floodlit courts. All courts are all-weather, 4 Astroturf and 2 Hard courts. And are part of a multi-sports site. So why not try tennis at the club and when you're finished go for a drink in the Pavilion Bar.

All sessions are delivered by Head Coach, Stuart Lovell



Head Coach of Milton Keynes Tennis Club and Managing Director of Stuart Lovell Tennis Ltd

Qualifications

- PTR Academy Professional
- RPT National Professional
- Currently doing RPT European Professional
 - LTA Development Coach
 - LTA Tennis Leader Tutor
 - St John's First Aid Accredited
- Fully Licensed, Insured and CRB checked





Head Coach, Stuart Lovell

Professional Experience

I have coached all levels of players, juniors ranging from mini tennis tots to advanced performance players. Adult players ranging from novice club players through to advanced performance players (County, National Club League, etc)

At my previous clubs I have been in charge of the junior section, running the junior competition ladders and match-plays. I have assisted in the revamping of a club structure at both junior and adult level. Having worked heavily with performance, junior, mini and school tennis to develop junior tennis memberships. I became the driving force for creating a link between two performance clubs, this facilitated the creation of an even higher level of advanced performance squad, which would combine players from each club, whilst sustaining the respective clubs identity and membership.

I have played to a high standard and have competed at tournaments around the UK, including county level tennis (representing Buckinghamshire in the Under 18 County Cup). I also represented Gosling Sports Park as an invited English Competitor, in the 4 Countries Competition in Scotland.

I currently hold a 'frozen' 4.2 rating. I have played National Club League, National Division 1 from the age of 15 and Bucks Shield Premier Division from the age of 14. I play in a mixture of singles, men's doubles and mixed doubles events.

I have since then attained the Professional Tennis Registry (PTR) top Qualification (The Academy Professional). I went to the PTR International Symposium in Hilton Head Island in 2009, where I assisted in a presentation. I have also taken my Tennis Tournament Planner Course, allowing me to effectively organize Match-Plays and Tournaments.

I did the 'Etcheberry Experience' with Pat Etcheberry at the PTR International Symposium 2009. This is based around fitness training, players movement and is also to do with techniques to improve players dramatically by using teaching aids. I felt privileged to be working with a coach of Pat Etcheberry's caliber and international renown.

Individual Lessons cost £25 per hour, with £1 added on for Non-Members of Milton Keynes Tennis Club.

For more information please contact / visit :

Phone : **07540 049 867**

E-mail : coaching@stuartlovelltennis.com

Website : www.stuartlovelltennis.com





SUMMER TERM COACHING SQUADS

Term to run between Monday 19th April - Sunday 25rd July.

This is a 13 Week Term

(EXCLUDING WEEK OF Monday 31st May - Sunday 6th June)

Participating in squads is by previous consultation with Head Coach, Stuart Lovell. This is to make sure you are placed in the correct group, this is to keep interest and make sure you are playing at the right level for your current skill base.

13 WEEK COURSES

Members of Milton Keynes Tennis Club get a £13 reduction on all sessions. So why not join up. For Information on Milton Keynes Tennis Club membership, email : mktcenquiries@hotmail.co.uk

<u>Session Name</u>	<u>Age Range</u>	<u>Day</u>	<u>Time</u>	<u>Cost for Term (unless stated)</u>
Red Level	8 & Under	Tuesday	4.30pm - 5.30pm	£78
Red/Orange Level	9 & Under	Thursday	4.30pm - 5.30pm	£78
Orange Level	9 & Under	Wednesday	4.30pm - 5.30pm	£78
Orange/Green Level	10 & Under	Monday	4.30pm - 6pm	£110.50
Green/Full Ball	10 & Under	Tuesday	5.30pm - 7pm	£110.50
Improver	11 & Over	Friday	5.30pm - 6.30pm	£78
Advanced	11 & Over	Friday	6.30pm - 7.30pm	£78
Bronze	8 & Over	Wednesday	5.30pm - 7.30pm	£195
Silver	10 & Over	Thursday	5.30pm - 7.30pm	£195
Gold	10 & Over	Thursday	5.30pm - 7.30pm	£195
Rusty Rackets	Over 18's	Tuesday	7pm - 8pm	£78

All Participants in the **13 Week Courses** will receive regular weekly e-mails giving an outline of what was covered in the sessions and players/parents will receive feedback forms.

In the **Bronze, Silver and Gold Groups**, will receive regular weekly e-mails giving an outline of what was covered in the sessions and players/parents will receive feedback forms. Plus all players will receive a





Bronze, Silver and Gold Group Folder Pack Contains

Player Periodisation, Goal Setting, Player Development Review, Monthly Player/Coach Meeting, Sports Psychology Review, Sports Nutrition Review, Player Fitness Programme

PAY & PLAY SESSIONS

Members of Milton Keynes Tennis Club get a **£1 reduction per session. So why not join up. For**

Information on Milton Keynes Tennis Club membership, email : mktc enquiries@hotmail.co.uk

<u>Session Name</u>	<u>Age Range</u>	<u>Day</u>	<u>Time</u>	<u>Cost for Term (unless stated)</u>
Mini Tennis	10 & Under	Saturday	9am - 10am	£4 per session
Junior Starter Level	11 & Over	Saturday	10am - 11am	£4 per session
Tots Tennis	4 & Under	Saturday	12.30pm - 1pm	£3 per session
Mini Tennis	10 & Under	Saturday	1pm - 2pm	£4 per session
Junior Starter Level	11 & Over	Saturday	2pm - 3pm	£4 per session
Junior Starter Level	11 & Over	Monday	6pm - 7pm	£4 per session
Junior Team Coaching	11 & Over	Monday	7pm - 8pm	£4 per session
Coffee Morning	Over 18's	Friday	10am - 12noon	£9 per session
Coaching Night	Over 18's (unless invited)	Wednesday	7.30pm - 8.30pm	£6 per session
Performance Drop in Session	10 & Over (unless invited)	Sunday	2pm - 4pm	£11 per session

Individual Lessons cost £25 per hour, with £1 added on for Non-Members of Milton Keynes Tennis Club.

If you are interested in doing any 13 Week Courses / Pay and Play Sessions / Individual Lessons, please contact Head Coach, Stuart Lovell

For more information please contact / visit :

Phone : **07540 049 867**

E-mail : coaching@stuartlovelltennis.com

Website : www.stuartlovelltennis.com





APPLICATION FORM

To be completed by EVERY APPLICANT. Any questions, please speak to the Head Coach, Stuart Lovell

Participants Name :

Session Name :	Day :	Time :
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Address :	Post Code :
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Home Phone :	Mobile Phone :
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E-mail :

Date of Birth :	Nationality :
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Do you give permission to photographs being taken of you/your child for the Club advertising and website ? (please circle) Yes / No
How did you hear about Stuart Lovell Tennis Ltd ? (please circle) A Friend / Club Website / Advert / Head Coach / Other

Contacts in Case of <u>Emergency</u>	Name :	Mobile :
	Name :	Mobile :

LTA Rating	British Tennis Membership Number	County Ranking :
		National Ranking :

Best 10 Results	
1 :	6 :
2 :	7 :
3 :	8 :
4 :	9 :
5 :	10 :

Do you have any medical conditions our staff should be aware of ? If so, please give details
After consultation with one of our coaches, which group was recommended for you ? Group attended last term ?

Signature Player	Date :
Signature Parent/Guardian	Date :

Please send Applications to : Stuart Lovell, 135 Wolverton, Milton Keynes, Bucks, MK12 5LA and make Cheques payable to 'Stuart Lovell Tennis Ltd' (payment to be received in full before start of term)





MEDICAL QUESTIONNAIRE

To be completed by EVERY APPLICANT. Any questions, please speak to the Head Coach, Stuart Lovell

Participants Name :

Address :
Post Code :

Home Phone :
Mobile Phone :

E-mail :

Age :
Date of Birth :

Name of GP :
Telephone :
Address :
Post Code :

Have you ever had any serious illness, operation or accident ?
If so, please give details

Have you any difficulties with ?
a. Hearing :
b. Eyesight :

Are you aware of any problems of behaviour, any undue nervousness, any defect of speech, any tendency to fits or fainting attacks ? Or anything else you feel we should know ?
If so, please give details

Do you require any medicines, diet or special treatment ?
If so, please give details

Do you have any allergies ?
If so, please give details

Signature Player	Date :
Signature Parent/Guardian	Date :

Disclaimer : The organiser reserves the right to refuse applicants under any circumstances and refunds will be given at the discretion of the organiser. Both 'Stuart Lovell Tennis Ltd' and Milton Keynes Tennis Club are not under any circumstances liable for personal injury, loss or damage to equipment.