

# Stuart Lovell Tennis Ltd

**Period of 11th January to 28th March (excluding week 15th-19th February)**

(Please tick) Member:  Non-Member:

(please tick if interested in receiving regular information on)

Junior Match-Plays  Junior Box Leagues  Adult Box Leagues  Promotions

Course Attending (please tick): Club  Performance  Adult

Session Name: \_\_\_\_\_ Time: \_\_\_\_\_

Applicant Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age (Junior only): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Rating: \_\_\_\_\_ British Tennis Membership Number: \_\_\_\_\_

Current Club: \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Any Medical Information: \_\_\_\_\_

\_\_\_\_\_

Method of Payment: Cheque  Cash  Total: £ \_\_\_\_\_

Please make cheques payable to 'Stuart Lovell Tennis Ltd' and Send to Ringcroft Farm, Cranfield Road, North Crawley, Newport Pagnell, Bucks, MK16 9HP

Tick the box if you want to receive regular information about 'Stuart Lovell Tennis'

Tick the box if you agree to photographs being taken or name being used in publicity

Parent/Guardian Signature: \_\_\_\_\_

[www.stuartlovelltennis.com](http://www.stuartlovelltennis.com)

# Stuart Lovell Tennis Ltd

## Spring Term Tennis

## Coaching Courses

This is a 10 week course, unless otherwise stated. Courses to run between **Period of 11th January to 28th March (excluding week 15th-19th February)**



**'To Realise Your Tennis Potential'**

[www.stuartlovelltennis.com](http://www.stuartlovelltennis.com)

## Pay & Play Sessions

Sessions to run

### All Year Round and Start on 4th January

(Pay on the Day)

Day	Time	Course	Description	Cost
Monday	6pm-7.30pm	Junior (aged 10+, and all abilities)	This is a fun based session and is more of an introduction to what coaching is all about. This will contain tactical and technical work and Tennis related games	£3 Member £4 Non-Member
Saturday	11.30am-12noon	Red Level Tots (aged 2-4)	This is a fun and creative course based around the learning of agility, balance and co-ordination. The pupils are taught how to throw over and underarm and how to control the racket.	£2 Member £3 Non-Member
Saturday	12noon-1pm	Red Level (aged 4-8 and all abilities)	This is a fun based session and is more of an introduction to what coaching is all about. This will contain tactical and technical work and Tennis related games	£3 Member £4 Non-Member
Saturday	1pm-2pm	Orange and Green Level (aged 8-10 and all abilities)	This is a fun based session and is more of an introduction to what coaching is all about. This will contain tactical and technical work and Tennis related games	£3 Member £4 Non-Member
Saturday	2pm-3pm	Junior (aged 10+ and all abilities)	This is a fun based session and is more of an introduction to what coaching is all about. This will contain tactical and technical work and Tennis related games	£3 Member £4 Non-Member

## Qualifications and About the Club

Head Coach: **Stuart Lovell**

- LTA Level 1 (TA)
- LTA Level 2 (DCA)
- PTR Level 1 (Professional Grade)
- PTR Level 2
- PTR Level 3 (The Academy Professional)
- Tennis Leaders Course Tutor
- Tennis Tournament Planner (TTP)
- LTA Fully Licensed Coach
- St John's Appointed Person (First Aid)
- CRB Checked

**All Coaches are CRB Checked, LTA Licensed and First Aid Accredited**

**Milton Keynes Tennis Club** is a 6 court Club with 4 Floodlit All-Weather AstroTurf Courts and 2 Floodlit All-Weather Hard Courts, Clubhouse and Pavilion Bar available.

Here at Milton Keynes Tennis Club we have an Extensive Coaching Programme that caters for all abilities and ages. Also we have a link with Schools tennis in the community. We are a forward thinking club and are looking to Develop every tennis player into the best they can be. This programme is based on offering tennis to everyone in the community

## Junior Match-Plays

The Junior Match-Plays are for players who are committed to improving their rating and as so, have been set up to **run weekly**. This is run at more of a Starter level. **Guaranteed 2 Matches against Same Rated opponents.**

Tennis Balls are provided

**TO ENTER** - Phone or E-mail and **entries need to be in by the Thursday Evening**. Entry money needs to be received by the Friday, otherwise entry will be cancelled.

Money to be received in Person or Send to Ringcroft Farm, Cranfield Road, North Crawley, Newport Pagnell, Bucks, MK16 9HP

**Please make cheques payable to 'Stuart Lovell Tennis Ltd'**

**All matches count towards RATINGS and are submitted**

**10.2's and 10.1's** will run on a Saturday 3pm - 5.30pm

**9.2's and 9.1's** will run on a Saturday 5.30pm - 8pm

**Cost** £10 per week attended. Have to be pre-booked

## Club Tennis

### Sessions

This is a 10 week course, unless otherwise stated. Courses to run between **Period of 11th January to 28th March (excluding week 15th-19th February)**

All sessions will be game based and played on the correct court size and with the correct ball for the players age.

Day	Time	Course	Description	Cost
Tuesday	4.45pm-5.30pm	Red  (aged 4-8, all abilities welcome)	A fun based session, working on agility, balance and co-ordination. Including fundamental racket skills. To be played on a <b>1/4 court</b>	£37.50 Member  £47.50 Non-Member
Wednesday	4.30pm-5.30pm	Orange  (aged 8-9, all abilities welcome)	A fun based session, this is a progression of Red Club Level agility, balance and co-ordination. To be played on a <b>3/4 court</b>	£50 Member  £60 Non-Member
Friday	4.30pm-5.30pm	Green  (aged 9-10, all abilities welcome)	A fun based session, this is a progression of Orange Club Level agility, balance and co-ordination. To be played on a <b>Full Court</b>	£50 Member  £60 Non-Member
Friday	5.30pm-6.30pm	Junior 10 - 14yr old Club Level	A fun based session, working on developing Movement, Tactical and Technical elements of the game. To be played on a <b>Full Court</b>	£50 Member  £60 Non-Member
Friday	6.30pm-7.30pm	Junior 15 - 18 yr old Club Level	A fun based session, working on developing Movement, Tactical and Technical elements of the game. To be played on a <b>Full Court</b>	£50 Member  £60 Non-Member

## Performance Tennis Sessions

Day	Time	Course	Description	Cost
Thursday	4.30pm-5.30pm	Red (aged 5-8)	A fun based session, working hard on creating technical and tactical intent, agility, balance and co-ordination and fundamental racket skills. To be played on a $\frac{1}{4}$ court	£50 Member £60 Non-Member
Monday	4.30pm-6pm	Orange (aged 8-9)	A fun based session, this is a progression of Red Performance Level, working hard on creating technical and tactical intent, agility, balance and co-ordination and fundamental racket skills. To be played on a $\frac{3}{4}$ court	£75 Member £85 Non-Member
Tuesday	5.30pm-7pm	Green (aged 9-10)	A fun based session, this is a progression of Orange Performance Level, working hard on creating technical and tactical intent, agility, balance and co-ordination and fundamental racket skills. To be played on a Full Court	£75 Member £85 Non-Member
Wednesday and Thursday (same time and place)	5.30pm-7.30pm	Junior 10 - 18 yr old Development Squad	A hard working session on creating the 'complete tennis player'. This involves working on technical, tactical, physical and mental intent, as well as all game scenarios. This is a game based squad with plenty of competition. To be played on a Full Court	£120 Member £130 Non-Member
Sunday	2pm-4pm	Junior 10 - 18 yr old Elite Squad	An <b>invitational Session</b> . This is a hard working session for the true <b>Elite player</b> , on creating the 'complete tennis player'. This involves working on technical, tactical, physical and mental intent, as well as all game scenarios. This is a game based squad with plenty of competition. To be played on a Full Court	£50 Member £60 Non-Member

## Junior and Adult Box Leagues

The Box Leagues have been created to promote competition in the Local tennis players. This will allow a player to be playing all year round and will allow constant progression of their rating (if winning). Also the way in which the Box League is being organised should create little or no organisation on the competitors part. Balls to be provided by HOME Player.

If you are wanting to improve your tennis, then this is the way forward.

**Junior Matches will run on a Sunday between 4pm - 8pm and will be supervised.**

**Adult Matches will Run on a Sunday between 8pm - 9.30pm**

**Junior Cost :** £24 for 3months as member

£30 for 3months as non-member

**Adult Cost :** £15 for 3months as member

£20 for 3months as non-member

## Adult and Junior Individual Lessons

**Head Coach:** **Stuart Lovell**

£ 23 Members

£24 Non-Members

To find out more about any of the Coaching Programme or more about the Club/ Head Coach

**Please Visit:** [www.stuartlovelltennis.com](http://www.stuartlovelltennis.com) or

**Phone:** 07590 396 210 or

**Or E-mail:** [coaching@stuartlovelltennis.com](mailto:coaching@stuartlovelltennis.com)

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

## Adult Tennis Sessions

This is a 10 week course, unless otherwise stated. Courses to run between **Period of 11th January to 28th March (excluding week 15th-19th February)**

Day	Time	Course	Description	Cost
Tuesday	8pm - 9pm	Ladies Team Coaching	This is a Match based sessions, working on tactical and technical areas of the game.	£5 per session (only available to players selected by ladies team captain)
Tuesday	7pm - 8pm	Rusty Rackets Class	This is a session for players who have played tennis before and are looking to get back into it.	£50 per Member £60 per Non-Member
Wednesday	7.30pm - 8.30pm	Beginner/Intermediate Class	This is for players who are new to the game and are looking to learn the basic techniques so that they are able to play/rally socially and compete if the wish to.	£50 per Member £60 per Non-Member

Weekly Coaching/Event Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am - 9.30am							
9.30am - 10am							
10am - 10.30am							
10.30am - 11am							
11am - 11.30am							
11.30am - 12pm						<u>Pay &amp; Play</u> RED LEVEL TOTS (2-4)	
12pm - 12.30pm						<u>Pay &amp; Play</u> RED LEVEL (4-8)	
12.30pm - 1pm						<u>Pay &amp; Play</u> ORANGE/GREEN LEVEL (8-10)	
1pm - 1.30pm							
1.30pm - 2pm							
2pm - 2.30pm						<u>Pay &amp; Play</u> JUNIOR LEVEL (10+)	<b>INVITATIONAL</b> <u>Performance</u> ELITE (10-18)
2.30pm - 3pm							
3pm - 3.30pm							
3.30pm - 4pm							
4pm - 4.30pm						<u>Match-Play</u> 10.2's & 10.1's	
4.30pm - 5pm	<u>Performance</u> ORANGE LEVEL (8-9)	<u>Club</u> RED LEVEL (4-8)	<u>Club</u> ORANGE LEVEL (8-9)	<u>Performance</u> RED LEVEL (5-8)	<u>Club</u> GREEN LEVEL (9-10)		
5pm - 5.30pm		<u>Performance</u> GREEN LEVEL (9-10)	<u>Performance</u> DEVELOPMENT (10-18)	<u>Performance</u> DEVELOPMENT (10-18)	<u>Club</u> JUNIOR LEVEL (10-14)	<u>Club</u> JUNIOR LEVEL (15-18)	
5.30pm - 6pm	<u>Pay &amp; Play</u> JUNIOR LEVEL (10+)						
6pm - 6.30pm		<u>Adult</u> RUSTY RACKETS					
6.30pm - 7pm			<u>Adult</u> BEGINNER/INTERMEDIATE				
7pm - 7.30pm		<u>Adult</u> LADIES TEAM					
7.30pm - 8pm							
8pm - 8.30pm							
8.30pm - 9pm							<u>Adult Box Leagues</u>
9pm - 9.30pm							
9.30pm - 10pm							