



Hassan Khan
07738 166943
Ralph Clarke
07886 433605



Be the best you can be

Please complete the section below and send with cheque to **Hassan Khan, 20 Holme Drive, Oadby, Leicester LE2 4HF.**

All cheques are to be made payable to **R2R Tennis Ltd.**
 Payment for each course **MUST** be made prior to the start of the course.

Ref No of course applying for: Day:

Cheque enclosed for:

NAME:			
ADDRESS:			
MOBILE NO:		EMERGENCY CONTACT NO:	
EMAIL ADDRESS:		MEDICAL INFO:	
DATE OF BIRTH (Juniors):		AGE OF CHILD:	
Is this the same course as last time:			

INDIVIDUAL COACHING LESSONS:

Hassan offers individual lessons at £20 per hour, £12/ half hour for all levels and abilities.

BROKEN STRINGS/WORN GRIP—Will Rowley can re-string and change grips—please discuss prices with Will on 07786 955 179 or email on will@r2rtennis.co.uk

www.r2rtennis.co.uk



Be the best you can be



COACHING COURSES
Summer Term 2010
 at
Oakham Tennis Club

The Vale, Oakham, LE15 6JQ








COACHING PROGRAMME
Starts w/c Monday, 19 April 2010
for a 6 week block



Head Coach—Hassan Khan 07738 166943
Director of Coaching — Ralph Clarke 07866 433605

www.r2rtennis.co.uk

COACHING COURSES (ages are only guidelines and depend on experience and ability):

COURSE	DESCRIPTION	DAY/TIME	COST	Ref No
Mini  (4-7 years)	Red ball mini tennis is played on smaller courts with shorter rackets and red balls. It is suitable for beginners and will give youngsters the chance to develop a broad range of skills to play all balls sports effectively. Key focus on practising different types of shots, co-ordination, throwing and catching, balance and having lots of fun too.	Thurs 4– 4.50pm Or Sat 10-11am	£27 £27	R1 R2
Mini  (8–9 years)	Played on 3/4 court with bigger rackets and orange balls. This is the next stage to go through before playing on a full sized court, to help players develop all the different shots and provide fun competition.	Thurs 4.55 - 5.55pm Or Sat 10-11am	£27 £27	O1 O2
Mini  AND Junior (10 years plus)	Played on a full sized tennis court, with full size rackets and green or full compression yellow balls. To further develop technique and skills and learn competition scoring and tactics. 	Thurs 6–7pm Or Sat 9–10-am	£27 £27	GJ1 GJ2
PERFORMANCE GROUPS: All players for these following groups are invited by the Head Coach only and must be having at least 2 sessions a week, maybe an individual lesson and competing in tournaments				
	Performance (Invite Only) For stronger red players that can rally with a partner. Match practice and tactics are delivered throughout the session.	Mon 4–4.55pm	£33	PR
	Performance (Invite Only) For stronger orange players. Match practice and tactics are delivered throughout the session.	Mon 4–4.55pm	£33	PO
	Performance (Invite Only) For stronger green and junior players. Match practice and tactics are delivered throughout the session.	Mon 5 – 5.55pm	£33	PGJ

COURSE	DESCRIPTION	DAY/TIME	COST	Ref No
Adults Drills and Skills	Aimed at improving players developing techniques within match play situations.	Tues 9—10.30am	£42	ABT
Adults Rusty Rackets	Aimed at all those who want to start playing as well as those looking to get back into tennis.	Tues 10.30—12pm Or Thurs 6 –7pm	£42 £30	ATT
Adults Tactics and Techniques	Aimed at those players wanting to understand and practise the tactics of the game and deliver in match play situations.	Fri 9.30—11am	£42	ATF
Adults Team Players	Great opportunity to get some exercise and learn to practise those team tactics including social play.	Tues 1 —2.30pm	£42	AT

RACKETS AVAILABLE IF REQUIRED.

Please ensure children are dressed appropriately for tennis and weather.

Please supply a water bottle each session.



Lessons are led by **Hassan Khan (Juniors)** and **Ralph Clarke (Adults)** who are LTA coaches.

All coaches are CRB checked.

For further information please contact:

Head Coach—Hassan

Mobile: 07738 166943

Email: hassan@r2rtennis.co.uk

or alternatively contact

Director of Coaching - Ralph

Mobile: 07866 433605

Email: ralph@r2rtennis.co.uk

Course may be cancelled if numbers are low.

www.oakhamltc.org.uk