

Summer Camps & Tennis Coaching

Strathgryffe Tennis & Squash Club, on the edge of Houston village, is recognised by the LTA as one of the best clubs in Britain for tennis coaching with Performance Club status. The coaching team is well qualified and Head Coach, Derek Brown, is one of Scotland's few Master Performance Coaches and was Tennis Scotland's Coach of the Year for 2010 and runner up in 2013.

During the summer holidays we run camps for 3 to 15 year olds and players can come for part day or all day or for part week or all week. Even if a pupil is only coming for one day, it helps forward planning if you can indicate on the form in advance.

BARGAINS

- **INDIVIDUAL DISCOUNT of 25% off second course if booked on 2 courses in a block** (not inc. camps & discount applies to cheaper course)
- **FAMILY DISCOUNT - if 3 members of one household sign up then one comes ½ price (cheapest); if 4 sign up one comes free (cheapest)**

If you wish to attend further block coaching sessions, non-member minis and juniors must join the club after one block of coaching and non-member seniors must join the club after two blocks of coaching (mini tots have no requirement to join). Camps do not count as a block..

COACHING COURSE RETURN FORM

(Form must be completed & returned with payment before a place can be secured)

Course Number	Name of participant	Member Card No.	Date of Birth Under 18s only	Cost (£)
		Yes/No		
		Yes/No		
		Yes/No		
		Yes/No		
		Yes/No		

Address:.....

Post Code:.....

Home Tel No:.....

Mobile No:.....

E-mail Address:.....

School(s) attended (required for reporting):.....

Payment method **cheque/cash/card £..... (cheque payable to Derek Brown)**. Send to: Derek Brown, Head Coach, Strathgryffe Tennis & Squash Club, 51 Fleming Road, Houston, PA6 7EU or post it through the Pro Shop letter box off the lounge. **If paying by debit/credit card, these payments should be made in the Tennis Pro Shop where I have my own switch machine.**

Please tick box if you do NOT consent to photos appearing in web or other promotional material

Please State Any Medical Conditions

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SUMMER HOLIDAY CAMPS

Suitable for age 3-15

For Tots, Minis and Juniors during holidays. **Tennis camps** are games orientated with some coaching, games, matches and other sports. **Sports camps** involve playing tennis, badminton, table tennis, squash and variable non rackets sports. **ALL DAY camps** are a combination of the tennis and sports camp. Younger members of ALL DAY camps will take part in a short crafts session during the afternoon.

Week 1: 29/6/15 – 3/7/15

Tots (age 3 & 4)

COURSE	CAMP	DAY	TIME	COST	
				MEMBER WEEK OR DAILY	NON-MEMBER WEEK OR DAILY
1	Tots Camp	M - F	0930 - 1030	18.00 or 4.50	23.00 or 5.50

Minis (age 5 - 9) *NEW* 5 & 6 year olds can now come for the day

2	All day tennis & sport camp	M - F	0930 - 1700	98.50 or 21.00	108.50 or 23.00
3	Morning only mini tennis camp	M - F	0930 - 1230	49.00 or 11.00	59.00 or 13.00
4	Afternoon only mini sports camp	M - F	1330 - 1700	56.00 or 12.50	66.00 or 14.50

Juniors (age 10-15)

5	All day tennis & sport camp	M - F	0930 - 1700	98.50 or 21.00	108.50 or 23.00
6	Morning only sports camp	M - F	0930 - 1230	49.00 or 11.00	59.00 or 13.00
7	Afternoon only tennis camp	M - F	1330 - 1700	56.00 or 12.50	66.00 or 14.50

'Early Bird' 08:00 early drop off available daily with organised supervision at an additional cost of £7.50 per week or £1.50 per day to the prices advertised above

NO CAMPS 6/7/15 – 10/7/15 (Scottish Closed Champs)

Week 2: 13/7/15 – 17/7/15

Tots (age 3 & 4)

COURSE	CAMP	DAY	TIME	COST	
				MEMBER WEEK OR DAILY	NON-MEMBER WEEK OR DAILY
8	Tots Camp	M - F	0930 - 1030	18.00 or 4.50	23.00 or 5.50

Minis (age 5 - 9) *NEW* 5 & 6 year olds can come for the day

9	All day mini tennis & sports camp	M - F	0930 - 1700	98.50 or 21.00	108.50 or 23.00
10	Morning only mini tennis camp	M - F	0930 - 1230	49.00 or 11.00	59.00 or 13.00
11	Afternoon only mini sports camp	M - F	1330 - 1700	56.00 or 12.50	66.00 or 14.50

Juniors (age 10-15)

12	All day tennis & sports camp	M - F	0930 - 1700	98.50 or 21.00	108.50 or 23.00
13	Morning only sports camp	M - F	0930 - 1230	49.00 or 11.00	59.00 or 13.00
14	Afternoon only tennis camp	M - F	1330 - 1700	56.00 or 12.50	66.00 or 14.50

'Early Bird' 08:00 early drop off available daily with organised supervision at an additional cost of £7.50 per week or £1.50 per day to the prices advertised above

Week 3: 20/7/15 – 24/7/15

Tots (age 3 & 4)

COURSE	CAMP	DAY	TIME	COST	
				MEMBER WEEK OR DAILY	NON-MEMBER WEEK OR DAILY
15	Tots Camp	M - F	0930 - 1030	18.00 or 4.50	23.00 or 5.50

Minis (age 5 - 9) *NEW* 5 & 6 year olds can come for the day

16	All day tennis & sports camp	M - F	0930 - 1700	98.50 or 21.00	108.50 or 23.00
17	Morning only mini tennis camp	M - F	0930 - 1230	49.00 or 11.00	59.00 or 13.00
18	Afternoon only mini sports camp	M - F	1330 - 1700	56.00 or 12.50	66.00 or 14.50

Juniors (age 10-15)

19	All day tennis & sports camp	M - F	0930 - 1700	98.50 or 21.00	108.50 or 23.00
20	Morning only sports camp	M - F	0930 - 1230	49.00 or 11.00	59.00 or 13.00
21	Afternoon only tennis camp	M - F	1330 - 1700	56.00 or 12.50	66.00 or 14.50

'Early Bird' 08:00 early drop off available daily with organised supervision at an additional cost of £7.50 per week or £1.50 per day to the prices advertised above

Week 4: 27/7/15 – 31/7/15

Tots (age 3 & 4)

COURSE	CAMP	DAY	TIME	COST	
				MEMBER WEEK OR DAILY	NON-MEMBER WEEK OR DAILY
22	Tots Camp	M - F	0930 - 1030	18.00 or 4.50	23.00 or 5.50

Minis (age 5 - 9) *NEW* 5 & 6 year olds can come for the day

23	All day mini tennis & sports camp	M - F	0930 - 1700	98.50 or 21.00	108.50 or 23.00
24	Morning only mini tennis camp	M - F	0930 - 1230	49.00 or 11.00	59.00 or 13.00
25	Afternoon only mini sports camp	M - F	1330 - 1700	56.00 or 12.50	66.00 or 14.50

Juniors (age 10-15)

26	All day tennis & sports camp	M - F	0930 - 1700	98.50 or 21.00	108.50 or 23.00
27	Morning only sports camp	M - F	0930 - 1230	49.00 or 11.00	59.00 or 13.00
28	Afternoon only tennis camp	M - F	1330 - 1700	56.00 or 12.50	66.00 or 14.50

'Early Bird' 08:00 early drop off available daily with organised supervision at an additional cost of £7.50 per week or £1.50 per day to the prices advertised above

Week 5: 3/8/15 – 7/8/15

Tots (age 3 & 4)

COURSE	CAMP	DAY	TIME	COST	
				MEMBER WEEK OR DAILY	NON-MEMBER WEEK OR DAILY
29	Tots Camp	M - F	0930 - 1030	18.00 or 4.50	23.00 or 5.50

Minis (age 5 - 9) *NEW* 5 & 6 year olds can come for the day

30	All day mini tennis & sports camp	M - F	0930 - 1700	98.50 or 21.00	108.50 or 23.00
31	Morning only mini tennis camp	M - F	0930 - 1230	49.00 or 11.00	59.00 or 13.00
32	Afternoon only mini sports camp	M - F	1330 - 1700	56.00 or 12.50	66.00 or 14.50

Juniors (age 10-15)

33	All day tennis & sports camp	M - F	0930 - 1700	98.50 or 21.00	108.50 or 23.00
34	Morning only sports camp	M - F	0930 - 1230	49.00 or 11.00	59.00 or 13.00
35	Afternoon only tennis camp	M - F	1330 - 1700	56.00 or 12.50	66.00 or 14.50

'Early Bird' 08:00 early drop off available daily with organised supervision at an additional cost of £7.50 per week or £1.50 per day to the prices advertised above

Week 6: 10/8/15 – 14/8/15

COURSE	CAMP	DAY	TIME	COST	
				MEMBER WEEK OR DAILY	NON-MEMBER WEEK OR DAILY
36	Tots Camp	M - F	0930 - 1030	18.00 or 4.50	23.00 or 5.50

Minis (age 5 - 9) *NEW* 5 & 6 year olds can come for the day

37	All day mini tennis & sports camp	M - F	0930 - 1700	98.50 or 21.00	108.50 or 23.00
38	Morning only mini tennis camp	M - F	0930 - 1230	49.00 or 11.00	59.00 or 13.00
39	Afternoon only mini sports camp	M - F	1330 - 1700	56.00 or 12.50	66.00 or 14.50

Juniors (age 10-15)

40	All day tennis & sports camp	M - F	0930 - 1700	98.50 or 21.00	108.50 or 23.00
41	Morning only sports camp	M - F	0930 - 1230	49.00 or 11.00	59.00 or 13.00
42	Afternoon only tennis camp	M - F	1330 - 1700	56.00 or 12.50	66.00 or 14.50

'Early Bird' 08:00 early drop off available daily with organised supervision at an additional cost of £7.50 per week or £1.50 per day to the prices advertised above

WEEKLY CLASSES RUNNING THROUGHOUT THE SUMMER

(NB: all classes have 1 week FREE of charge included)

AGE 3 & 4: TOTS TENNIS

Tots Tennis is for children aged 3 and 4 years old. Players learn the basics and how to enjoy the game through a series of fun activities based on the fundamental areas of balance, co-ordination, agility, movement and racket & ball skills.

COURSE	DAY	TIME	DATES	VENUE	WEEKS	COST		COACH
						MEMBER	NON-MEMBER	
43	Monday	1715 - 1800	13/7 – 31/8	Indoor 3	8	35.00	42.00	TBC
44	Saturday	0900 - 0945	18/7 - 29/8	Indoor 1	7	30.00	37.00	TBC

AGE 5 - 8: MINI RED

Mini Tennis Red is for players aged 8 and under. It is played on small courts with short rackets and sponge balls or felt balls. It's just like the real game and gives players opportunities to have long rallies and play different types of shots.

RED BEGINNER

45	Monday	1715 - 1800	13/7 – 31/8	Indoor 3	8	35.00	42.00	TBC
46	Saturday	0900 - 0945	18/7 - 29/8	Indoor 1	7	30.00	37.00	TBC

RED INTERMEDIATE

47	Thurs	1715 - 1800	16/7 - 27/8	Indoor 3	7	30.00	37.00	TBC
48	Saturday	0945 - 1030	18/7 - 29/8	Indoor 1	7	30.00	37.00	TBC

RED ADVANCED

49	Thurs	1715 - 1800	16/7 - 27/8	Indoor 3	7	30.00	37.00	TBC
50	Saturday	0945 - 1030	18/7 - 29/8	Indoor 1	7	30.00	37.00	TBC

AGE 8 & 9: MINI ORANGE

Mini Tennis Orange is a great way for players to continue their progress from Mini Tennis Red and is for players aged 8 and 9. It is played with shorter rackets, softer balls and courts are bigger and wider than the red stage but still smaller than full-size tennis courts allowing players to develop a rounded game whilst learning a range of techniques and tactics.

ORANGE COMPOSITE

COURSE	DAY	TIME	DATES	VENUE	WEEKS	COST		COACH
						MEMBER	NON-MEMBER	
51	Thurs	1800 - 1900	16/7 - 27/8	Indoor 3	7	36.00	43.00	TBC
52	Saturday	1030 - 1130	18/7 - 29/8	Out 6	7	36.00	43.00	TBC

AGE 9 & 10: GREEN

Green tennis is a great way for players to continue their progress from Mini Tennis Orange and is for players aged 9 and 10. It is played on a full sized tennis court, with bigger rackets and green balls which are a little softer than yellow balls. It's the next stage before moving on to full compression yellow balls on a full sized court.

GREEN COMPOSITE

COURSE	DAY	TIME	DATES	VENUE	WEEKS	COST		COACH
						MEMBER	NON-MEMBER	
53	Thurs	1800 - 1900	16/7 - 27/8	Indoor 4	7	36.00	43.00	TBC
54	Saturday	1030 - 1130	18/7 - 29/8	Indoor 1	7	36.00	43.00	TBC

MINI TENNIS DROP-IN MATCHPLAY

For players in Red, Orange or Green tennis that can rally and serve. Come down and be mixed in for matches by a coach. You will need to get a British Tennis number (coach can advise)

COURSE	DAY	TIME	DATES	VENUE	WEEKS	COST		COACH
						MEMBER	NON-MEMBER	
N/A	Saturday	1000 - 1200	18/7 - 29/8	Various	7	£3.50	N/A	TBC

AGE 10 - 16: JUNIOR

Junior Tennis is played on a full sized court with full compression yellow balls. There are 3 playing levels for juniors: Silver, Advanced Silver and Gold. In Silver, players learn to develop basic technique and how to build rallies. This is developed further in Advanced Silver where players can maintain rallies allowing them to develop more refined tactics and skills. In Gold, players develop more advanced technical skills as well as the tactical and mental skills for playing matches.

SILVER (AGE 10-16)

COURSE	DAY	TIME	DATES	VENUE	WEEKS	COST		COACH
						MEMBER	NON-MEMBER	
55	Monday	1800 - 1900	13/7 - 31/8	Out 6	8	42.00	52.00	TBC
56	Saturday	1130 - 1230	18/7 - 29/8	Out 6	7	36.00	42.00	TBC

ADVANCED SILVER (AGE 10-16)

57	Monday	1800 - 1900	13/7 - 31/8	Indoor 3	8	42.00	52.00	TBC
58	Saturday	1130 - 1230	18/7 - 29/8	Out 6	7	36.00	42.00	TBC

GOLD (AGE 10-16)

59	Sunday	0930 - 1130	19/7 - 30/8	Out 4 - 6	6	30.00	N/A	TBC
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* NB no session for Gold on Sunday 2nd August due to major event at club

ADULT COACHING COURSES (AGE 16 +)

EXPRESS TENNIS FOR NEWCOMERS

A course for players who are trying tennis for the first time or for those who are returning to the game and would like to learn the modern way of playing the game. Covers technique, positioning and scoring to allow the player to play the game straight away.

COURSE	DAY	TIME	DATES	VENUE	WEEK	COST		COACH
						MEMBER	NON-MEMBER	
60	Thurs	1900 - 2000	16/7 - 3/9	Indoor 3	8	43.75	53.75	TBC

IMPROVERS

This is a wide ranging course covering different playing situations to play effective singles and doubles. This course is suitable for players who can maintain a rally and looks at technical aspects such as how to control the ball and decision making to allow the player to play the right shot at the right time.

COURSE	DAY	TIME	DATES	VENUE	WEEK	COST		COACH
						MEMBER	NON-MEMBER	
61	Tuesday	1900 - 2000	14/7 - 1/9	Indoor 3	8	43.75	53.75	TBC

DYNAMIC DOUBLES

Geared to specific skills and tactics needed to play effective doubles. Combines specialist shot development, tactics, drills and match play. Courses 68 and 69 suitable for improvers, intermediates and lower team standard. Course 70 is specifically suited to current team players or those who are looking to represent a team in the future.

COURSE	DAY	TIME	DATES	VENUE	WEEK	COST		COACH
						MEMBER	NON-MEMBER	
62	Tuesday	0930 - 1100	14/7 - 1/9	Indoor 3	8	62.00	72.00	TBC

CARDIO TENNIS

A high intensity aerobic workout to music with a combination of basket drills and games. The aim is to raise your heart rate, hit lots of balls and have fun! All standards welcome.

COURSE	DAY	TIME	DATES	VENUE	WEEKS	COST		COACH
						MEMBER	NON-MEMBER	
63	Tuesday	1930 - 2030	14/7 - 1/9	Indoor 1	8	43.75	53.75	TBC