

ELLESMERE WINTER TENNIS COACHING 2019

ALL AGES, ALL ABILITIES

TERM 2 2019

REGISTER ONLINE

<https://www.sporty.co.nz/ellesmeretennisjuniors/Winter-Coaching/Online-Registration-Form>

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Ellesmere Tennis is pleased to offer tennis players in our area the unique opportunity to participate in our winter coaching programme. This years coach will be All-American College Tennis Player and qualified coach Beth Williamson. She will be supported by her sister Kate (last years coach) on her return from travels in Term 3.

Sessions will focus on developing appropriate stroke mechanics (forehand, backhand, serve, and volley) and improving the technical skills necessary for maximum tennis growth. Coaching will work on establishing a great base in your tennis technically, tactically, and physically in order to fully develop your game to play and compete with confidence. A focus will also be placed on tennis sportsmanship and etiquette throughout the programme.

Coaching is being offered from beginner level through to interclub level- for CHILDREN or ADULTS. Why not try tennis together as a family? We are offering beginner coaching to parents/caregivers and children together in the same group. Groups will be formed once registrations are received to allow for students of similar levels to train together. This promoting the most appropriate and developmental learning environment.

**If listed coaching days/times on registration form do not suit then please indicate your preferred day/time and this will try and be accommodated. If you would prefer to have 1:1 coaching or 2:1 coaching please indicate on registration or get in touch for more information.*

<https://www.sporty.co.nz/ellesmeretennisjuniors/Winter-Coaching/Information>

WHEN

- Term 2 starting Monday, 29th April

WHERE

- Springston Tennis Courts

SESSION INFO

- Class duration: 60 Minutes.
- Small group sizes of 3-6 players each session.

COST

- \$140 per term (8 weeks).

For more information

contact Coaches: Beth

Williamson - 0276484048

Email:

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Kate Williamson – 02041178986

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