



TENNIS 4 ALL
PLAYER INFORMATION PACK



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www.tennis4all.org.uk

Facebook- tennis4allcoachingservices

Instagram- tennis4allcoachingservices

WE HAVE WHATAPP GROUPS FOR EVERY GROUP WE RUN AND THIS IS THE BEST WAY FOR US TO PROVIDE INFORMATION ON THINGS THAT ARE HAPPENING



What is Tennis 4 All

Tennis 4 All is the trading name of Caunton Tennis Academy Limited. We offer everything that makes up a complete tennis programme.

We run group coaching, and individual lessons every day of the week. We also run tennis parties, match practice sessions, Cardio tennis for adults and juniors, and Holiday camps amongst many other activities which are detailed in this pack.

Our App

We have a Tennis 4 All App which can be downloaded from either google play, or the Apple App store.

On the App you see all information and book the following;

Coaching session

Matchplays

Holiday camps

Schools sessions

Events

In addition there is an upto date news section, videos, information on our coaches plus you can always see your dashboard which shows all upcoming things your booked onto.

Coaches

Our Team is made up of 9 coaches and lots of tennis leaders.

All our coaches are;

LTA accredited and Approved

LTA Licensed

First Aid trained

DBS checked

Have undergone safeguarding training and certification

Receive ongoing training and mentoring

The Team:



James Harding -Head Coach and Head of Performance LTA Level 4 Senior Performance Coach

James has been coaching for 17 years and has worked within various club within Nottinghamshire and South Yorkshire. James Coaches the performance and invitational groups at Cauntton and works with those children who aspire to a high club or county level and above. James is currently working with many of our juniors who are part of the Notts County training team. He was awarded the 'Nottinghamshire Coach of Year' award for 2016 and 2018.

James is currently the Notts Under 9s county captain. James also represented his University 1st team in division 1 tennis.

James is available for individual lessons.



Zeferino Antonio-LTA Level 3 Coach

Zef is a Level 3 coach and is a graduate from Nottingham Trent University where he studied Coaching and Sport Science. Zef played at county level as a junior and represented both college and university 1st teams in BUCS.

Zef coaches performance and invitational groups alongside other groups and individual lessons.

Zef is also the Nottinghamshire County Captain/ Coach for the Girls 12 and under county team.

Zef is available for individual lessons.



Jon Penney- LTA Level 3 Coach

Jon is a Level 3 coach and works with our mini tennis players, older juniors and adults. Jon also runs one of our cardio tennis sessions which are a great fun for adults. Jon is an experienced coach at working within schools and Nurseries.

Jon is available for individual lessons.



Maria Cotton-LTA Level 3 Coach

Maria is a Level 3 coach and has come through our coaching programme as a junior and has now joined the coaching team. As a player she achieved junior county level and represented Nottinghamshire. She has undertaken her Coaching courses through the LTA along with our guidance and now coaches juniors and adults.

Maria is available for individual lessons.



Jamie McDermott Brown-LTA Level 3 Coach

Jamie is an LTA Level 3 Coach who has experienced of working with all ages and also Cardio tennis. Jamie has been playing for 7 years and coaching for 4.

Jamie is available for individual lessons.



James Thompson-LTA Level 2 Coach

James is an LTA Level 2 Coach and has been here with us at Caunton for around 15 years when he started playing as a young junior. He is now starting his level 3 and looking to move up the coaching levels and become a full time coach. He has competed for our Men's and Mixed tennis teams.



Annabel Bird-LTA Level 2 Coach

Annabel is an LTA Level 2 Coach who has been playing tennis since the age of 5. She plays regular competitions and has represented Nottinghamshire at Tennis. She won the 'Road to Wimbledon' event in 2019 and got to play at Wimbledon and made it through to the last 16. She has also won County doubles titles in 2018 and 2021. Annabel is a level 2 Coach and is looking to become a full time coach in the future.



Amber Bates-LTA Level 2 Coach

Amber has been coaching for 5 years at Welbeck tennis Club. Amber has completed her young leaders, level 1, level 2, and wants to progress to complete level 3. Amber has also been involved in Sherallies courses (to get females involved with tennis) and youth start (to get young people involved in tennis).



Venues -Where we teach

LOCATION	WHAT WE OFFER	FACILITIES
CAUNTON TENNIS CLUB, Newark, NG23 6AS	Adult coaching Ladies Only Coaching Adult Cardio Tennis Junior Cardio Tennis Family Cardio Tennis Tots Tennis 2-4yrs Mini Tennis 4-10yrs Junior Tennis 11-18yrs Teams Matchplay Tennis Parties Individual lessons Holiday Camps	7 floodlight hard courts Children's play area Clubhouse with viewing area TV and Wifi Kitchen facilities Changing rooms
CLAYPOLE COMMUNITY PARK, School Lane, Claypole, Newark, NG23 5BH	Mini Tennis 4-10yrs	Toiles
LONG BENNINGTON PAVILION, Newark, NG23 5DJ	Tots Tennis 2-4yrs Mini Tennis 4-10yrs	Indoor Hall Changing facilities
WELBECK TENNIS CLUB, Worksop, S80 3NB	Adult coaching Cardio Tennis Mini Tennis 4-10yrs Junior Tennis 11-18yrs Teams Individual lessons Holiday Camps	3 floodlight hard courts Clubhouse with viewing area Kitchen facilities Changing rooms
WINTHORPE TENNIS COURTS, Newark, NG24 2NL	Mini Tennis 4-9yrs Junior Tennis 10+ Adult Coaching	2 Outdoor courts Children's play area next door

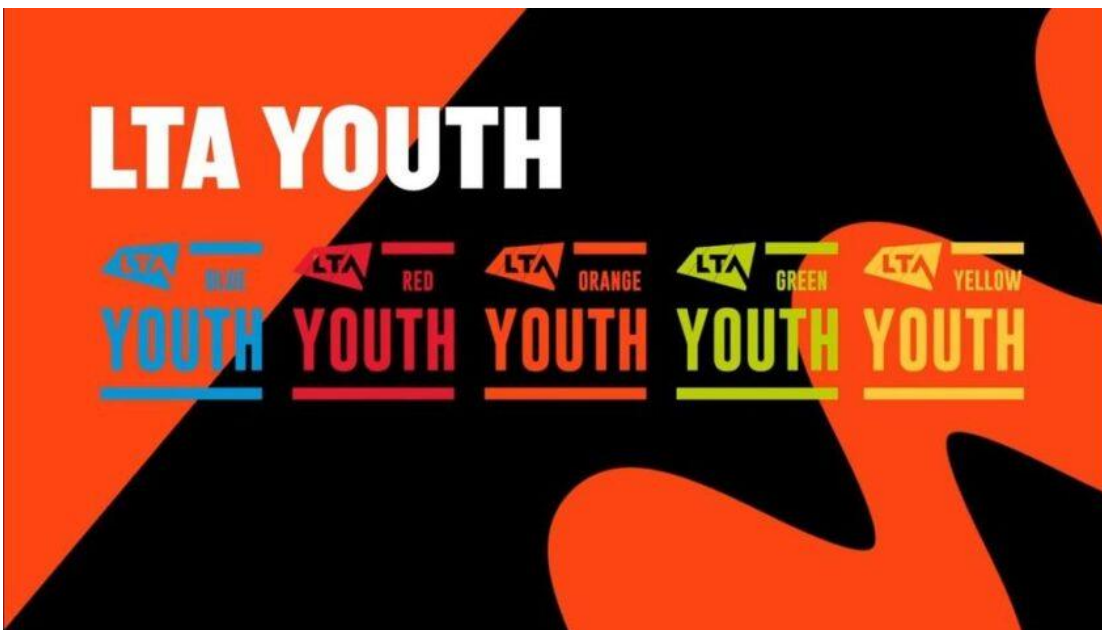


Tots Tennis, LTA Youth Tennis and Junior Tennis

Tots Tennis

Tots Tennis is for children ages 2-4 years. We incorporate child development and learning with tennis games and skills. We aim to improve children's tennis whilst developing key skills including counting, colour recognition, agility, balance, coordination and body awareness. All sessions are run by a fully licensed coach with (DBS) clearance.

LTA Youth Tennis- Red, Orange, and Green (4-10 years)



What is LTA Youth Tennis?

LTA Youth is a great introduction to the sport for young children between 4 and 10 years old. It's just like the real thing, but with smaller courts, nets and rackets and lower-bouncing balls. This enables children to develop their all around tennis game and a comprehensive set of skills

There are four levels of LTA youth for under 10's ; Blue, Red, Orange and Green, each with their own court size and type of ball. This tailored approach, based on age and physical maturity enables players to develop vital skills and techniques at an early age.

Blue 4-6 years

Young kids are bundles of energy just running around without a care in the world. But the programme is designed to finesse their fine motor skills like balance, agility and coordination. At this stage it's not about winning or losing but just getting to grips with the basics.

What age is Blue stage tennis aimed at?

Its for players 4-6 years

What ball is used?

A red sponge ball is used indoors and a red felt ball is used outdoors.

Red - 6-8 Years

Red ball is a great way for players to start out in tennis and is for players aged 8 and under. It is played on smaller courts with shorter rackets and softer balls. It's just like the real game and gives players opportunities to have long rallies and play different types of shots.

What age is red ball tennis aimed at?

Red ball tennis is for players aged 8 and under.

What ball is used?

A red sponge ball is used indoors and a red felt ball is used outdoors.

What size court is red ball played on?

A court with dimensions of 11m x 5.5m. It's fine to use badminton court lines.

What height is the net?

The net is lower than yellow ball tennis at a height of 80cm (31").

What racket is best to use?

A shorter racket of 43cm-58cm (17"-23") is recommended.

Orange - Ages 8 & 9

Orange ball is a great way for players to continue their progress from red ball and is for players aged 8 and 9. It is played on slightly larger courts than red ball, with bigger rackets and balls that are not as soft as red balls. It's the next stage to go through before you start playing on a full sized court and it will help players develop all the different shots, providing fun competition.

What age is orange ball tennis aimed at?

Orange ball tennis is for players aged 8 and 9.

What ball is used?

An orange ball is used. It has a low compression that makes it bounce lower, giving the player better control at an important stage of their development.

What size court is orange ball played on?

Orange ball is played on a singles court of 18m x 6.5m and a doubles court of 18, x 8.23m (so the full width of a singles court)

What height is the net?

80cm (31") at the middle of the net

What racket is best to use?

A racket of 58cm- 63cm (23"-25") is recommended

Green - 9-10 Years

Green ball is a great way for players to continue their progress from orange ball tennis. It is played on a full tennis court, with bigger rackets and balls that are a little softer than yellow balls. It's the next stage to go through before you start playing with a full compression yellow ball on a full sized court and it will help players work on and improve all aspects of their game.

What age is green ball tennis aimed at?

Green ball tennis is for players aged 9 & 10.

What ball is used?

A green ball is used, which is ideal for players moving from orange ball to actual tennis balls.

What size court is green ball played on?

Green ball is played on a full tennis court for singles and doubles.

What height is the net?

The net is at full height - 91cm (36").

What racket is best to use?

A bigger racket of 63cm-66cm (25"-26") is recommended

LTA Youth Junior Tennis

Our LTA Youth Junior coaching is for anyone from age 11 - 18 years. We have groups every night of the week for our Juniors.

We provide sessions for those beginning their tennis journey or for those who have already passed through the LTA Youth tennis pathway and are now progressing onto the full court with the yellow tennis balls.

Our sessions focus on improving the 4 keys areas of tennis- Technical, Tactical, Physical and Mental. We incorporate this into all sessions in a fun and game based approach to help maximise learning.



1-2-1 lessons

Our coaches provide individual lessons to all those from the club and can provide 30 minutes or 1 hour lessons on a weekly basis or a more ad hoc basis. These lessons can be focused on your requirements for your game. They can also be shared with another player.

To book an individual lesson please contact James on 07771 962964



Cardio Tennis

Looking for a new way to work out?

Cardio Tennis is a fun, sociable group fitness class set on a tennis court and open to people of all ages and abilities.

Supported by music and qualified instructors, you'll get to hit lots of tennis balls during your class and have a great cardio workout at the same time.

What is a typical class like?

Your trained Cardio Tennis instructor will lead you through a 60 minute class consisting of a short warm up and cool down either side of a 40 minute full body workout.

Warm up - Some dynamic stretching, skills and drills to get your body warm and mind sharp before the workout begins

Aerobic section - Here's your chance to hit loads of shots, including forehands, backhands, serves and volleys, all mixed with a variety of fitness activities

Tennis section - Put your shots into practice with fun tennis games. You'll never play one-on-one; your team mates will be with you all the way

Cool down - Well done, you made it! Now it's time to recover and stretch

What do I need to bring? - Bring along your own racket if you have one, if not don't worry as you might be able to borrow one from your Cardio Tennis venue. Wear comfortable gym kit and trainers. You'll be working up a sweat, so don't forget to bring a water bottle too!

Do I need to be good at tennis? - No! Cardio Tennis is for anyone who wants to get fit and have a go at tennis. The class moves along quickly, so no one will be judging your skills, and it doesn't matter whether the ball goes in or out.

Do I need to be fit? - No! Cardio Tennis is for anyone who wants to have fun getting fit.

Do I have to be a member of a club? - No! Most Cardio Tennis venues will offer classes on a pay and play basis.

Cardio tennis sessions take place on;

Tuesdays at 6.30-7.30pm

Fridays at 9.30-10.30am (Junior Cardio Tennis also at 5-6pm)

Saturdays at 9-10am (Junior Cardio Tennis also at this time)

These sessions are at a cost of £7 for members and £9 for non members.

To watch a video of a sample cardio tennis session please click here <https://www.lta.org.uk/play/types-of-tennis/cardio-tennis/what-is-cardio-tennis/>



Adult Tennis

We offer Group coaching to cater for all. From our get fit Cardio Tennis sessions to Ladies morning coaching, right through to our Adult team drills for those who play for The Tennis Club Teams.

Ladies Morning Coaching

We develop all aspects of your game from technical development right through to match play and doubles training. They are great, a social experience and a great way to meet other ladies from the club.

Monday: 9.30 - 11am

Thursday : 9.30 - 11am / 11.00 - 12.30pm

Friday 10.30am-12noon

Adult Mixed

This session is run by our Level 3 Coach Jon Penney. It is aimed at those who want to develop their tennis but may not yet be competing in the club's teams. It is fun, energetic and perfect for anyone looking at a starting point for their tennis.

Tuesday: 7.30- 9pm

Adult Team Drills

They are aimed at 1st and 2nd team players who are regularly playing doubles but want to improve their overall doubles play. We work on positioning, volleying, court awareness and tactical development to help you conquer all those different styles of play that you come up against each week.

Wednesday: 7.30 - 9pm



Ladies Coaching Days

3-4 times per year we run ladies coaching days which always fill up fast and prove to be very popular. These run on Tuesdays or Fridays with timing normally from 9am-3pm.

The cost is £45 per player per day

Format of the day

9am Arrival for tea/coffee

9.30am on court for group warm up

9.45am-12noon Drills and teaching based around the theme of the day

12noon Lunch

1pm More drills and match play to practice what was covered in the morning session.

2.30pm Fun games to wrap up the day

If you're interested to finding out when these events are please email lisa@tennis4all.org.uk



How payment works for groups at Caunton Tennis Club

- Coaching is paid on a monthly direct debit. Members get a 20% discount and if someone does more than one group per week or a family does more than one group per week they receive a further 25% discount off the additional groups.
- Once setup the direct debit will continually run until you notify us. You must commit to a minimum of 1 term and if you would like to cancel then we require 1 months' notice. If you wish to cancel, then please let us know towards the end of a term. Please notify Lisa via Lisa@tennis4all.org.uk
- If you would like to increase or decrease the amount of coaching your family attend per week, then please let us know and we can amend the Direct Debit for all future payments.
- If you wish to access the discounted members' rates, then it is important that you join the club once the membership renewals are emailed to you from Terri in the Office. If you are not a member, then your monthly DD will be based on non-members prices.
- We are basing your monthly payments on the number of weeks of term time coaching per year to allow for the school holidays. Payments are split into 12 monthly payment so you will still pay in the holidays but are only paying for the weeks when coaching is held per year. This is so everyone knows how much they are paying per month and we don't need to increase or decrease the amount or stop it for certain months.
- The direct debit will be debited from your account on or around the 15th of each month unless you request another date.
- If you are unable to attend your weekly group due to weather or any other reason, then you are welcome to attend another session at any point during the term. Just contact James for the groups that would be appropriate.

Benefits to becoming a club member

- 25% discount off coaching fees
- Access to play for junior and adult teams.
- Access to the club and court whenever you wish to play
- Free events for kids (xmas party, easter egg hunt)
- Access to junior tournaments



Group list for Tots, Juniors and Adults at Caunton Tennis Club

DAY	TIME	GROUP	COACH	Member 1 Group	Non Member 1 Group	Member 1+ Group	Non Member 1+ Group
TOTS TENNIS 2-4 YEARS							
MONDAY	2.00-2.45	TOTS TENNIS	MC	£22.80	NA	£18.24	NA
FRIDAY	2.00-2.45	TOTS TENNIS	MC	£22.80	NA	£18.24	NA
SATURDAY	12.00-12.45	TOTS TENNIS	MC	£22.80	NA	£18.24	NA
MINI TENNIS RED 4-8 YEARS							
MONDAY	4.00-5.00	RED	MC	£22.80	NA	£18.24	NA
TUESDAY	4.00-5.30	RED STARS	ZA	£34.20	NA	£27.28	NA
TUESDAY	5.00-6.00	RED	MC	£22.80	NA	£18.24	NA
WEDNESDAY	4.00-5.00	RED	MC	£22.80	NA	£18.24	NA
WEDNESDAY	4.00-5.30	RED STARS	JM	£34.20	NA	£27.28	NA
THURSDAY	4.00-5.00	RED	JM	£22.80	NA	£18.24	NA
FRIDAY	4.00-5.00	RED	JT	£22.80	NA	£18.24	NA
FRIDAY	5.00-6.30	RED STARS	JT	£34.20	NA	£27.28	NA
SATURDAY	9.00-10.00	RED	JT	£22.80	NA	£18.24	NA
SATURDAY	9.00-10.00	RED STARS	JT	£22.80	NA	£18.24	NA
SATURDAY	10.00-11.00	RED	MC	£22.80	NA	£18.24	NA
SATURDAY	10.00-11.00	RED STARS	AB	£22.80	NA	£18.24	NA
SATURDAY	12.00-12.45	RED	IC	£22.80	NA	£18.24	NA
SUNDAY	9.00-10.00	RED	JM	£22.80	NA	£18.24	NA
MINI TENNIS ORANGE 8-9 YEARS							
MONDAY	5.00-6.30	ORANGE	MC/IC	£34.10	NA	£27.28	NA
TUESDAY	5.00-6.00	ORANGE	JT	£22.80	NA	£18.24	NA
WEDNESDAY	4.00-5.00	ORANGE	JT	£22.80	NA	£18.24	NA
WEDNESDAY	6.00-7.00	ORANGE	JT	£22.80	NA	£18.24	NA
FRIDAY	4.00-5.00	ORANGE	MC/AB	£22.80	NA	£18.24	NA
SATURDAY	10.00-11.00	ORANGE	DS	£22.80	NA	£18.24	NA
SATURDAY	11.00-12.00	ORANGE	MC/DS	£22.80	NA	£18.24	NA
SUNDAY	10.00-11.00	ORANGE	JM	£22.80	NA	£18.24	NA
MINI TENNIS GREEN 9-10 YEARS							
MONDAY	5.30-6.30	GREEN	MC/IC	£22.80	NA	£18.24	NA
WEDNESDAY	6.00-7.00	GREEN	MC	£22.80	NA	£18.24	NA
FRIDAY	4.00-5.00	GREEN	MC/AB	£22.80	NA	£18.24	NA
SATURDAY	10.00-11.00	GREEN	MC/DS	£22.80	NA	£18.24	NA
SUNDAY	10.00-11.00	GREEN	JM	£22.80	NA	£18.24	NA
JUNIOR TENNIS 11-18 YEARS							
MONDAY	6.30-8.00	JUNIOR DEVELOPMENT	MC	£34.20	NA	£27.28	NA

TUESDAY	6.00-7.30	JUNIOR DEVELOPMENT	MC	£34.20	NA	£27.28	NA
WEDNESDAY	6.00-7.00	JUNIOR DEVELOPMENT	MC	£22.80	NA	£18.24	NA
FRIDAY	6.30-8.00	JUNIOR DEVELOPMENT	JP	£34.20	NA	£27.28	NA
SATURDAY	12.00-1.00	JUNIOR DEVELOPMENT	JT	£22.80	NA	£18.24	NA
ADULTS GROUPS							
MONDAY	9.30-11.00	LADIES COACHING	JP	£34.20	£45.60	£27.28	£34.20
TUESDAY	10.00-11.30	ADULT MIXED SESSION	JM	£34.20	£45.60	£27.28	£34.20
	7.30-9.00	ADULT MIXED SESSION	JP	£34.20	£45.60	£27.28	£34.20
WEDNESDAY	7.30-9.00	ADULT TEAM DRILLS	JT	£34.20	£45.60	£27.28	£34.20
THURSDAY	9.30-11.00	LADIES COACHING	JH	£34.20	£45.60	£27.28	£34.20
	11.00-12.30	LADIES COACHING	JH	£34.20	£45.60	£27.28	£34.20
FRIDAY	10.30-12.00	LADIES DOUBLES PRACTICE	JH	£34.20	£45.60	£27.28	£34.20
SATURDAY	10.00-11.00	LADIES COACHING	JT	£34.20	£45.60	£27.28	£34.20
CARDIO GROUPS							
TUESDAY	6.30-7.30	CARDIO TENNIS	JP	Members £7 None members £9			
FRIDAY	9.30-10.30	CARDIO TENNIS	JH	Members £7 None members £9			
FRIDAY	5.00-6.00	JUNIOR CARDIO TENNIS	AB	Members £7 None members £9			
SATURDAY	9.00-10.00	JUNIOR CARDIO TENNIS	DS	Members £7 None members £9			
SATURDAY	9.00-10.00	CARDIO TENNIS	MC	Members £7 None members £9			

Other Venues

These group are paid for on a 6 week block per half term

DAY	TIME	GROUP	LOCATION	COACH	COST -PAYABLE PER HALF TERM (5-7 WEEK BLOCKS)
THURSDAY	5.00-6.00	TENNIS 4-8YRS	CLAYPOLE COMMUNITY PARK	MC	£45 PER HALF TERM
THURSDAY	5.00-6.00	TENNIS 8-11YRS	CLAYPOLE COMMUNITY PARK	MC	£45 PER HALF TERM
FRIDAY	5.00-6.00	TENNIS 4-10YRS	LONG BENNINGTON PAVILLION	JM	£45 PER HALF TERM
FRIDAY	6.00-7.00	TENNIS 4-10YRS	LONG BENNINGTON PAVILLION	JM	£45 PER HALF TERM
FRIDAY	4.30-5.30	TENNIS 4-9 YRS	WELBECK TENNIS CLUB	AB	£22.80 PER MONTH DD
FRIDAY	5.30-6.30	TENNIS 10-18 YRS	WELBECK TENNIS CLUB	AB	£22.80 PER MONTH DD
SATURDAY	1.00-2.00	TENNIS 4-10YRS	WINTHORPE TENNIS CLUB	DS	£45 PER HALF TERM
SATURDAY	2.00-3.00	TENNIS 4-10YRS	WINTHORPE TENNIS CLUB	DS	£45 PER HALF TERM
SATURDAY	3.00-4.00	ADULT COACHING	WINTHORPE TENNIS CLUB	DS	£45 PER HALF TERM



Children's parties

Tennis 4 All can run children's tennis parties throughout the year for as many as 25-30 children.

We Can offer the use of the Caunton Clubhouse which you can decorate with balloons etc. We have a fully equipped kitchen which you can use for food preparation and the main lounge area can be used for eating. There is also tea/coffee facilities for all parents.

Parties are usually 2 hours in length with tennis for 60-90 minutes followed by the food. We will provide a coach or coaches to run the tennis element of the party and then parents just need to organise the food.

We are also able to provide parties at village hall etc if it's in winter but these must be booked by the customer.

For enquiries please email lisa@tennis4all.org.uk





End of term team challenge



On the last week of each term we will be running 'Team Competition week'. This will be matches, fun games etc. Every player, both juniors and adults from the coaching group will be given a colour (Red or Blue). You will be competing for that team on each match week every term. Every match or game from every group will be added to the teams score throughout the week and updates will be posted on Facebook each day. The results at the end of the week will be announced on Facebook.

We feel this is a great way to finish a term and get everyone engaging in some sort of competition.

If you can wear something of your teams colour that would be brilliant

To see updates and the results please like our Facebook page @tennis4allcoachingservices or on Instagram 'tennis4allcoaching'



Matchplay and tournaments

What is on offer:

- LTA Youth Tennis League matches against other clubs
- Junior League matches against other clubs
- Match practice sessions for all ages on Sunday afternoons
- Caunton Masters series tournaments
- Caunton Grade 5 tournaments
- A full range of competitions for all levels and ages of juniors at many venues across Notts and the Midlands. Search <https://www3.lta.org.uk/Competitions/Search/>

Please see our Matchplay and tournament booklet for a complete guide on competition within tennis.



Events

For full information on events at the club please see our Events information pack. Some of our events are;

Open Day

Leaders courses for trainee coaches

Easter Egg Hunt

Xmas Party

Parent and child Competitions

Fun Doubles events

End of term adult socials

Ladies coaching days

Plus more

Holiday Clubs and Camps

We run the following camps

Half day tennis camp 12.30-3.30PM for 4-16 yrs

Full day Multi sports camp 9-3.30 PM (Multisport 9-12 and Tennis 12.30-3.30pm with lunch 12-12.30 for 5-16 yrs

We Run;

Feb half term

Easter

May half term

Summer

Oct half term

Christmas

Holiday Camps for children ages 4-16 years. More information can be found in our holiday camp information pack.

Our Holidays Camps are great fun for any age from 4 up to 16 years. Our aim through the holidays camps is to provide a fun and safe environment where the children can develop their tennis skills and make new friends.

We provide all rackets and equipment (unless you have their own). Children need to bring a packed lunch (full day only), a drink, plenty of snacks, warm clothes, sun cream, a sun hat & a rain coat. It is ideal to bring a water bottle which can be refilled.

We will never cancel due to rain. We have fabulous indoor facilities where we can teach tennis strategy and game play for older children. We have a table tennis table, arts and crafts materials, puzzles and games.

The camps run for February Half Term, 2 weeks at Easter, May Half Term, 4 weeks throughout the summer, 2 weeks in October Half Term and at Christmas. We have a big group warm up each day where the children have chance to interact with all other children attending the camp. We then split the groups based on age and ability and each group will be look after by their coach. We have 7 courts so there is plenty of room to spread out.

The multi sports camps include the following sports

Tennis

Basketball

Rounders

Kwik Cricket

Table Tennis

HandBall

Tri Golf

Volleyball

Multi skills

Badminton

Mini Athletics and relays

All camps can be booked via the app which can be downloaded from at www.tennis4all.org.uk



Showing Potential-What we offer

What is the 'Caunton Aces Performance Tennis' programme

The Aces programme is performance coaching for players who are identified as showing potential to be high club, county players or higher.

Players are put into specific groups within the club which are by invite only and are run by our Performance Coaches James Harding and Zeferino Antonio. Within these group, which push players and attempt to provide them with the necessary skills to achieve their full potential with tennis. All groups includes athletic skills development/fitness which is extremely important for the children's development. Week 1 of each new term is 'Goal setting' which we then evaluate on the first week of the next term and then set new goals.

In addition to the group Coaching, it is ideal for players to also have an individual lesson with one of our coaches. These can be booked by contacting James who can help select the right coach for your child.

To develop the children's tennis they will also need to be playing regular matches and tournament play

What players are selected to be part of the 'Caunton Aces Performance Tennis'

We selected players who we identify as possessing the skills required or potential to become a good club level player, county player or higher.

Things we are looking for:

- 1) Athletic skills
- 2) Good hand-eye coordination
- 3) Good focus and concentration
- 4) Resilience
- 5) A good attitude
- 6) A will to win
- 7) Emotional control
- 8) A great attitude to learning
- 9) Love the sport

We will be looking for these attributes in players and although these will be developing all the time we are looking for children who we believe have some of these fundamentals which are crucial to tennis development.

If we feel this programme is right for your child we will contact you,



Tennis 4 All Clothing and Accessories

We sell Tennis 4 All Hoodies, Jumpers, tracksuits, shorts, joggers, drinks bottle, caps, beanies, teddies, towels etc. They come in various sizes and colours. These can be ordered online @ www.tennis4all.org.uk



Wilson Rackets, footwear and clothing

We have a full range of Wilson junior and adult rackets, tennis trainers, clothing, balls, clothing and accessories.

We have demo rackets available to try out as it is important that you get fitted with the right racket.

It is not compulsory but highly recommended that you have tennis shoes for added grip and on court safety.

We can get 20% off RRP for all Wilson Items. Please enquire by contacting lisa@tennis4all.org.uk