



Tennis Life at Sheen Lawn Tennis and Squash Club



**JUNIORS, ADULTS, INDIVIDUAL COACHING, SCHOOL
HOLIDAYS, STRINGING, RACKETS, CLOTHING, FOOTWEAR**

T: 07307 641 540 **E:** Info@thetennislife.net

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JUNIOR COACHING

We want all our Junior players to take part in fun, high intensity and structured coaching environment. The programme at Sheen LTSC offers coaching, social and competition all for one easy monthly payment. You need to pick a group time that you can attend each week and look out for the competitions and social events that we post on our social media or the club notice boards. Every Friday night we host a competition for all Junior players plus the bar is open for parents! Don't worry if you miss your group session for any reason because you can make that up in another group.

It's £55 per month for one coaching group per week plus you get competitions and social as part of that price. You can add a second group for an extra £20 per month. You can pay at any time during the month and if you want to stop we just need a month's notice. We like to have standing orders as payment to our Barclays Account, Tennis Life Limited, Sort Code 20-88-13 Account No 03414493

Red groups are for 4 to 8 year olds Orange groups are 8-10 year olds
Green groups are for 10-11 year olds Yellow groups are 12+

Please select your group...

Monday

4:00 - 5:00pm – Red ()
5:00 - 6:00pm – Orange ()
6:00 - 7:30pm – Yellow ()

Tuesday

4:00 - 5:00pm – Red ()
5:00 - 6:00pm – Orange ()
6:00 - 7:30pm – Yellow ()

Wednesday

4:00 - 5:30pm – Red ()
5:00 - 6:00pm – Orange ()
6:00 - 7:30pm – Yellow ()

Thursday

4:00 - 5:30pm – Red ()
5:00 - 6:00pm – Orange ()
6:00 - 7:00pm – Green ()

Friday

4:00 - 5:30pm – Red ()
5:00 - 6:00pm – Green ()
6:00 - 7:00pm – Junior Comp ()

Saturday

9:00 - 10:00pm – Red ()
10:00 - 11:00pm – Orange ()
11:00 - 12:00pm – Green ()
12:00 - 1:30pm - Yellow ()

Each of our Juniors are put into a team when they sign up so they're playing for themselves and for their team. We run FIVE major competitions each year and they're in line with the Tennis calendar so we have our Aussie Open in January, French Open in May, Summer comps around Wimbledon in July and year end Masters in November. On top of these organised events we have Summer and Winter knockout tournaments plus a year end prize giving event. When a tournament is approaching you'll be notified and sign up sheets will go up in the clubhouse.

Sign up to any of our groups by emailing info@thetennislife.net and remember you have to be a member of Sheen Lawn Tennis and Squash Club to take part in any coaching.

ADULT COACHING

Each week we offer a varied adult coaching programme which includes traditional coaching groups right through to fitness based drills. All our groups are great fun and you book your place via Whatsapp so message us on 07307 641 540 with the group you want to take part in and when we send our Monday message out you can book a place! Its flexible for you so you can come every week or drop in when you have the time or need some coaching. Payment is taken by card after each session.

MONDAY - 7:30-8:15pm - Drills & Skills - This is a group session like no other! We concentrate on one element of the game and work on the progressions around it. It's high intensity with lots of repetition. No playing experience is necessary. £10

TUESDAY - 9:30-11:00am - Rusty Rackets - This group is for players who need some help with technique and a guide of tactics. We hope that this group will give you confidence to mix in with anyone at the club. No previous playing experience is required. £15 per session

THURSDAY - 7:30-9:00pm - Club Coaching - This group is for players who want to perform better in Club Sessions. You must be able to hold a rally to take part in this group. £15 per session.

ADDITIONAL ADULT GROUPS

Why not create a group of your own and book some of these at a time that suits you?

TECH AND TAC - - This group session is aimed at players looking to unlock that key to improving their game. We video you, analyse the technical aspect of the shot to look at improvements and work on the tactical aspect of when to use your new weapon. Minimum of two people and two hour session. £60 per session.

DOUBLES TRAINING - Perfect for players who are with a regular partner or team and want to know how to work better as a unit. This group session will look at formations, tactical and the psychological elements needed to get that win. Minimum of 3 people in this two hour session. £50 per session.

Terms and Conditions

You must be a member of Sheen Lawn Tennis & Squash Club to take part in coaching and we can refuse participation in the session if a player is not a member. Please see Sheen Lawn Tennis & Squash Club website for membership prices or speak to a coach.

The Junior Coaching agreement period is ongoing and can be cancelled at any point with one month's notice. When an agreement is cancelled the space in the group can be taken by another player.

If a group can't go ahead we will always let you know in advance that it isn't happening and you can make up the session by going to any other group of the same standard. If you can't make a group please let us know which group you plan on attending as your make up session.

We take a 2 week break over Christmas but you can make up the missed sessions when we return in the New Year. Part payment and structured repayments can be made if you let us know in advance and we agree. You must pay for coaching every month.



ONE ON ONE COACHING

What better way to fast track your improvement than with a one-on-one coaching session? An hour just for you to develop those areas of your game most important to you. Individual coaching can be booked directly with a coach and lessons start at £35 per hour.

VISIT OUR PRO SHOP AT SHEEN LAWN TENNIS AND SQUASH CLUB

Stringing
Grips and Re-gripping
Ball machine hire
Footwear

Rackets
Junior equipment
Bags
Balls



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