



Adult Beginner Tennis Coaching May 2009

One block of four sessions will be run by an LTA qualified coach, Sean Wattegedera (DCA qualification). The sessions will be run on **Friday evenings** from **8th May to 29th May inclusive**. The topics for each session have been set in advance and are listed below. There will be an opportunity within each session to work on additional technical or tactical areas of the game.

Date	Time	Topic
Fri 8 th May	18:15- 19:30	Introduction to the forehand, efficient use of power and spin.
Fri 15 th May	18:15- 19:30	Backhand drive- consistency and appropriate use of spin.
Fri 22 nd May	18:15- 19:30	Attacking the net- appropriate volleying technique
Fri 29 th May	18:15- 19:30	The serve - technical aspects explained and the effective return of serve.

Cost:

- For Craigmillar Park members is £20.00 for the block of four sessions.
- For non-members is £40.00 for the block of four sessions.

Registration and payment in full must be received by **1st May 2009**. Confirmation of places will be sent out from w/c **20th April 2009**. Please make cheques payable to Sean Wattegedera. For further information please contact Sean Wattegedera at Coach@craigmillarparktennis.co.uk. Please send completed application forms and payment to **Tennis Coaching c/o 10 Craiglockhart Road EH14 1HL**.

Name:..... Date of Birth:.....

Address:.....

..... Medical Conditions:.....

Email address (optional):.....

Contact phone nos: Mobile no.:.....

Fee payable: £20.00/£40.00 (delete as appropriate)

Tennis experience (if any):..... Other sports played:.....

Emergency contact Name:..... & phone No:.....