

Booking Form

Name:

Age: D.O.B

Address: STD

Contact Tel No.:

Email:

By enrolling your child with Bangor Tennis Academy you will be providing a skill for life. Tennis develops co-ordination through throwing, catching, running and jumping. It also raises confidence both as an individual and as a member of a team and provides exercise in a healthy and safe environment.

Coaching Fees for full Course:

Members: £30 / person (1 session / week)

Members: £40 / person (2 session / week)

Members: £50 / person (3 session / week)

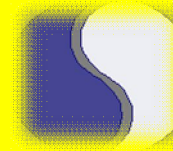
Non-Members £50 / person (1 night / week)

(non-members cannot use club or courts outside of coaching sessions and are unable to attend Junior Club on Sunday)

**Please return booking form and fee to Bangor Tennis Academy,
Bangor Tennis Club, Farnham Park, Bangor BT20 3SR**

(off Farnham Road, which is off the Bryansburn Road, Bangor West)

Tel: 02891 470918



Bangor Tennis Academy
in association with
Bangor Tennis Club

Junior Tennis Summer Coaching 2009

6 week course

06/06/09 - 17/07/09

We will try our best to accommodate for those who have holiday commitments.

Summer Holiday Camps

Please visit www.bangortennis.com for more information.

Recreational Tennis for ages 11+yrs

www.bangortennis.com / Tel: Tim on 07542 920293

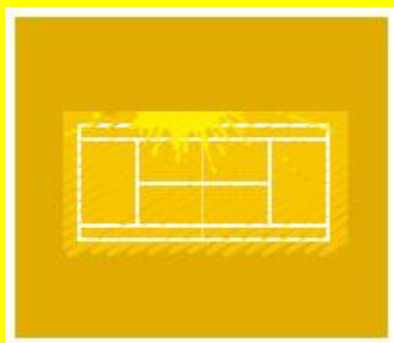
fit for life!

Coaching Timetable

Day	Sat	Sun	Mon	Tues	Wed	Thur	Fri
Age		J U N I O R C L U B					
11+	12.00 – 13.00		6.00 – 7.00	6.00 – 7.00	6.00 – 7.00	6.00 – 7.00	
		2.00 - 4.00					

Junior Club is Free for members

Full Court Yellow



Yellow ball competition is played on a full tennis court, with full size rackets and full compression yellow balls. It's the last stage of your tennis development and the technique and skills that you have developed through the stages of mini tennis can now be put into practice.

What ball is used?

A normal yellow tennis ball is used.

What size court is yellow ball played on?

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

What racket is best to use?

A full size racket of 27" is recommended, when a player is physically ready.

Welcome to Bangor Tennis Academy

Directed by

Tim Blomley

Coaches	Credentials
Timothy Blomley Director of Coaching	<ul style="list-style-type: none"> •Represented Ireland at Senior Level. •Represented Ulster at Senior Level. •LTA Level 2 Coach. •Tennis Ireland Level 1 Coach. •Over 24 years coaching experience. •Professional Racquet Stringer. •Played against greats such as Jimmy Connors and Goran Ivanisevic.
Anthony Sinclair Performance Coach	<ul style="list-style-type: none"> •Top 4 in Ireland from the age of 12-18. •Runner up at the Irish Indoors Championships U18 in 2001. •Represented Ulster at both Junior and Senior levels. •Represented Great Britain for the Deaf at Senior level since 1999. •Silver medallist at the Deaflympics held in Melbourne in 2005; this represented the best British performance in over 50 years. •BSc (Honours) Sport Science with Coaching at Sheffield Hallam Uni. •LTA DCA Level 3 Coach.
Michael Heaslip	<ul style="list-style-type: none"> •PTR Qualified Coach – Instructor Grade. •3 years coaching experience
Lisa Wallace	
Matthew Hobson	
Michael Lyons	