

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)

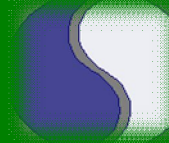
Non-Members £50 / person (1 night / week)

(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.

Full Court Green for ages 9-11yrs

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

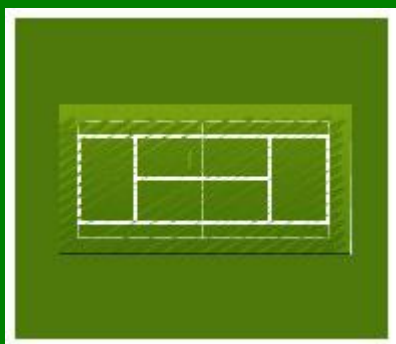
fit for life!

Coaching Timetable

Day	Sat	Sun	Mon	Tues	Wed	Thur	Fri
Age		J U N I O R					
9 – 11	11.00 – 12.00		6.00 – 7.00	6.00 – 7.00	6.00 – 7.00	6.00 – 7.00	
		C L U B					
		2.00 - 4.00					

Junior Club is Free for members

Full Court Green



Green ball mini tennis 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 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.

What racket is best to use?

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

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	