

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.

Mini Tennis Red for ages 4-8yrs

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

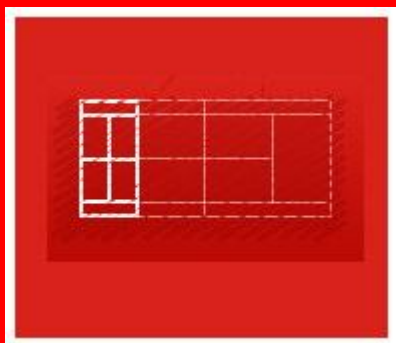
fit for life!

Coaching Timetable

Day	Sat	Sun	Mon	Tues	Wed	Thur	Fri
Age		J U N I O R					
4 – 6	9.00 – 10.00		4:00 – 5:00	4.00 – 5.00	4.00 – 5.00	4.00 – 5.00	4.00 – 5.00
7 – 8	10.00 – 11.00	C L U B					
		2.00 - 4.00					

Junior Club is Free for members

Mini Tennis Red



Red ball mini tennis is played on smaller courts with shorter rackets and softer balls. It's just like the real thing and will give you the chance to have long rallies and play different types of shots, which should be lots of fun.

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 smaller court of 11m x 5.5m is used so it's ok to use badminton court lines.

What racket is best to use?

A shorter racket of 43cm – 58 cm (17" – 23") 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	