

## 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.

### Pay & Play!

*Members: £2.50 per session*

*Non-Members £5.00 / per person*

*(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**

## Summer Tennis Coaching 2009

### Course starts

08/06/09

### Summer Holiday Camps

Please visit [www.bangortennis.com](http://www.bangortennis.com) for more information

Tots Tennis  
Mothers & Fathers stay and play  
with your little one!

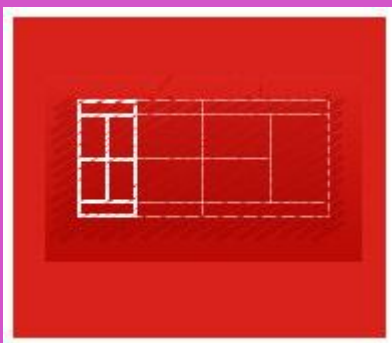
[www.bangortennis.com](http://www.bangortennis.com) / Tel: Tim on 07542 920293

**fit for life!**

## Coaching Timetable

Day	Sat	Sun	Mon	Tues	Wed	Thur	Fri
Age							
2 – 3	13.00 – 14.00		9.30 – 10.30		9.30 – 10.30		9.30 – 10.30

## Tots Tennis



Tots tennis is played on smaller courts with shorter rackets and softer balls. Tot's tennis is focused on developing general co-ordination and love for the game.

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