

Application Form

Name.....
 Date of Birth.....
 Address.....

 Post Code.....
 Email.....
 Tel (home).....
 Work.....
 Emergency contact.....
 Doctors surgery.....
 Injury/Illness.....

To benefit from the full club programme please ask for a membership application form.

Payment for all group courses apart from 'rusty rackets' is due for the whole course before the first session.

Course attending.....

Start date of first session.....

Number of sessions.....

Day.....Time.....Cost.....

I have enclosed cash/cheque (payable to OSCTP) for the total amount offor coaching and I confirm that I am fully fit to take part in the above course.

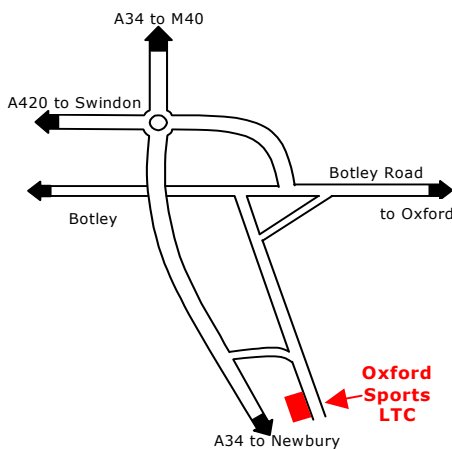
Signed..... Date.....

All forms should be returned to the coach taking your session or sent to Melanie Riste (contact details on the front of the form)

Founded in 1919, Oxford Sports is one of the oldest clubs in the area. The club is committed to promoting adult & junior tennis and offers an extensive social, coaching and competitive programme for the whole family.

9 all weather tennis courts (6 floodlit).
 A bar is situated in the adjacent rugby club & the Fishes Pub in North Hinksey
 Short tennis court, practice wall
 Ample car parking

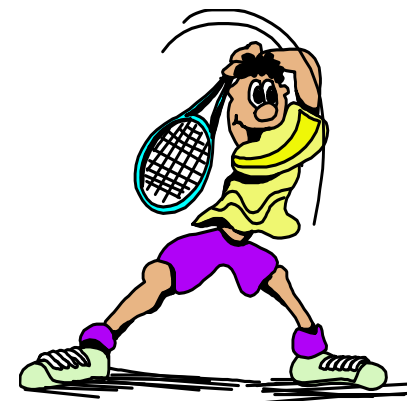
We have recently resurfaced the lane and we have a development project to build a new club house and further develop our facilities.



The club is signposted from the A34 and from the Botley Road (A420). It is situated at the end of North Hinksey Lane, adjacent to Oxford RFC. The club is also on a bus route, stagecoach no.44 with a bus stop outside the village church in North Hinksey (a 10 minute walk through the picturesque village)



Adult Guide to tennis Coaching



2008 / 2009

**Contact: Melanie Riste
 PO BOX 320
 Kidlington
 OX5 9AA**

**Email:
 melanie_riste@hotmail.com
 www.oxfordsportsltc.org**

Tel: 01865 848658

The Club

Oxford Sports Tennis Club is a friendly family club offering organised coaching courses and playing opportunities all year round. The wide and diverse range of activities caters for adult and junior players of all different ages and abilities, and from beginners to advanced performance players.

Adult membership is just £15.50 a month 2008/9

We welcome any new adults interested in joining to visit our club at any time.

Adult Coaching

Which coaching squad is the right one for me?

Please speak to one of the club coaches to find the right squad for your tennis needs.

The rusty rackets programme provides a great introduction to tennis and the club. It provides adults who have not played very much tennis or who have not played for a while and would like to take up the game again, the opportunity to gain more confidence and join the club

Adult Club Membership

The annual membership runs from April 1st to March 31st. As a club member as well as 'rusty rackets' you then have the opportunity to take part in the club social evening on a Thursday, progress to a Wednesday & start to play in the teams, access team, group or individual coaching and take part in the club social & competitive programme. The courts and facilities

Rusty Rackets Night

Open to the community for non club members and club members. Leading coach Ash Taylor
Social Group coaching 7.15pm - 8.30pm
cost £6 per session reduction to £4 for club members
Every Tuesday evening excluding bank holidays.

Adult Social Coffee Mornings

Wednesday mornings 10am—12noon. This is an opportunity to play some organised social tennis and is for all standards. Open to community non-members at a cost of £5 a morning and free to club members. Contact Maggie 07745587920

Weekly Club Programme

Monday

Group coaching 'fit for tennis' beginners to intermediate 7-8pm. Lots of fun basket feeding & drills to get you moving!
Competitive programme and club play 7-10pm

Tuesday

Rusty rackets 7.15pm—8.30pm play them a social drink.

Wednesday

Adult social coffee morning 10am—12noon
Team coaching if requested by team captains 7-8pm Club night for more experienced players

Thursday

Club night social evening new members especially welcome to join in the organised doubles play.

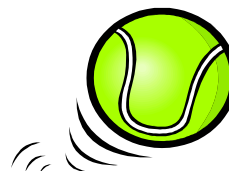
(Friday Junior Night)

Saturday and Sunday

Club team matches and members organised play We have many men's, ladies & mixed teams in different leagues and divisions in the summer & winter
Various organised social & competitive events.

Contacts

Men's team captain— Ed Duncan 07739913752
Ladies team captain— Alison Clayton
01865 202703
Membership secretary - Clare Roberts
01865 327410



Coaching

Group coaching

If you have some friends who would like group coaching please let us know and we will try and Arrange a coach for you.

Wednesday evening team coaching

For more experienced players in the top divisions of the club leagues

Adult Coaching Clinics

For adults who would like a days intensive coaching

New Small Group coaching

Providing adults with the opportunity to receive coaching which is more flexible & intensive than squads & cheaper than individual lessons. Organised on different days to suit your availability. You can organise a group yourself or ask for availability.

Adult Club Coaching Costs per adult per session

Cost includes the coach, court costs & tennis balls
Coaching with a ratio of 8 players per coach £6
Coaching with a ratio of 4 adults per coach £9
Coaching with a ratio of 3 adults per coach £12
Coaching ratio of 2 adults per coach cost £15
Please ask for further details.

Individual lessons

For adults who would like intensive coaching to improve individually, cost from £20 per hour

If you would like more information on any of the following, please tick the box

- | | |
|---|--|
| <input type="checkbox"/> Adult Coaching Clinics | <input type="checkbox"/> Adult coaching programme |
| <input type="checkbox"/> Playing in Adult teams | <input type="checkbox"/> Adult Competitive programme |
| <input type="checkbox"/> Adult social programme | <input type="checkbox"/> Club membership benefits |