

# 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', parents Saturday session and the social-coffee morning is due for the whole course before the first session.

Course attending.....

Start date of first session.....

Number of sessions.....

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

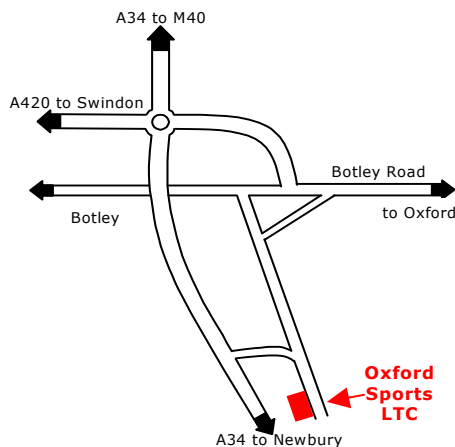
I have enclosed cash/cheque (payable to Oxford Sports) for the total amount of .....for coaching and I confirm that I am fully fit to take part in the above course.

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).  
 New club house & changing  
 A bar is situated in the adjacent rugby club & the Fishes Pub in North Hinksey  
 Ample car parking

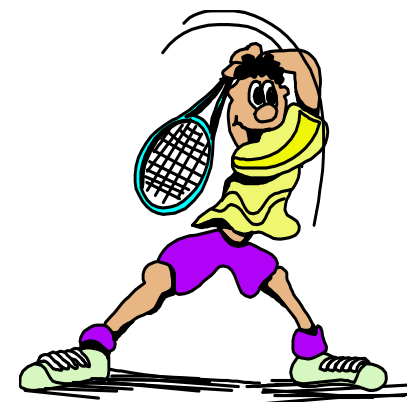
We have recently resurfaced the lane and we have a development project to build a new club house and further develop our facilities.



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



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

Email:  
[melanie\\_riste@hotmail.com](mailto:melanie_riste@hotmail.com)  
[www.oxfordsportsltc.org](http://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.

Please see the club website for adult or family membership details. 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 & parent sessions provide 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 you have the opportunity to take part in the club social & competitive events, attend club evenings & team training and start to play in the teams, access social group, individual or small group coaching. The courts and facilities are also available for you to use when organising games with other mem-

### **Rusty Rackets Night**

Open to the community for non club members and club members. Leading coach Tom Francis  
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 Morning**

This will restart after Easter. This is an opportunity to play some organised social tennis and is for all standards.  
Open to community non-members at a cost of £6 a morning and £4 to club members. Contact Melanie 01865 848658

### **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

#### **Saturday**

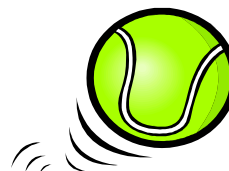
Parent social group coaching session 10-11am £5 non members £3.50 for parents with children in the mini tennis session 10-11am or adult club members

#### **Saturday and Sunday**

Club team matches, social and competitive events and members organised play

### **Contacts**

Men's team captain— Ed Duncan 07739913752  
Ladies team captain— Alison Clayton  
01865 202703  
Membership secretary - Clare Roberts  
01865 327410  
Social secretary - Denise Knox  
Deniseknox01@aol.com



### **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 representing the club in 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    |