

Application Form

Name.....
 Date of Birth.....Age.....
 British tennis membership number.....
 Address.....

 Post Code.....
 Email.....
 Tel (home).....
 Mobile.....
 Emergency Tel.....
 Injury/Illness.....
 School.....

Anyone attending coaching must become a club member.
 The full junior club membership is cheaper if you join for the whole year April 1st 2011 - March 31st 2012 or you can pay a terms membership with your coaching. Membership age on 1/1/2012. The annual membership below is from Sept 1st 2011 to March 31st 2012

Please tick the Membership you would like

- U8 Term £6 Full annual membership £8.75
- U12 Term £20 Full annual membership £28.60
- U18 Term £32 Full annual membership £46.70
- New member mini red trial half term cost £40
- Day.....Time.....Cost.....
- Day.....Time..... Cost.....

I have enclosed: Cash Cheque
 (payable to Oxford Sports) including £ for membership and £..... for coaching to bring the total amount payable to £.....

How did you hear about the course?.....
 Please tick if you do not want your child to be photographed & pictures used for club promotion

Signed _____ date _____

Forms and payment should be returned before the start of the course to Melanie Riste

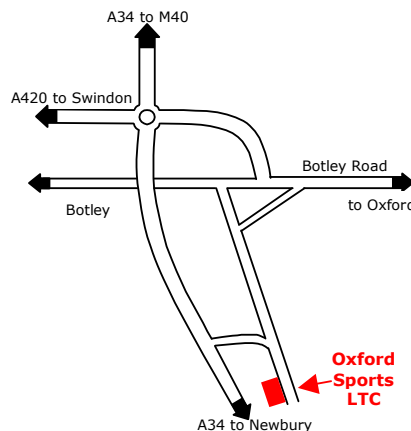
Founded in 1919, Oxford Sports is one of the oldest clubs in the area. The club is committed to promoting junior and senior tennis and offers an extensive coaching, fun social and competitive programme. We welcome all new members and provide activities for the whole family.

Facilities

Courts - 9 all weather tennis courts (6 floodlit) which are available for members free of charge, although members need to buy tokens to pay for the floodlights should they wish to play using the lights.

Club house and changing facilities

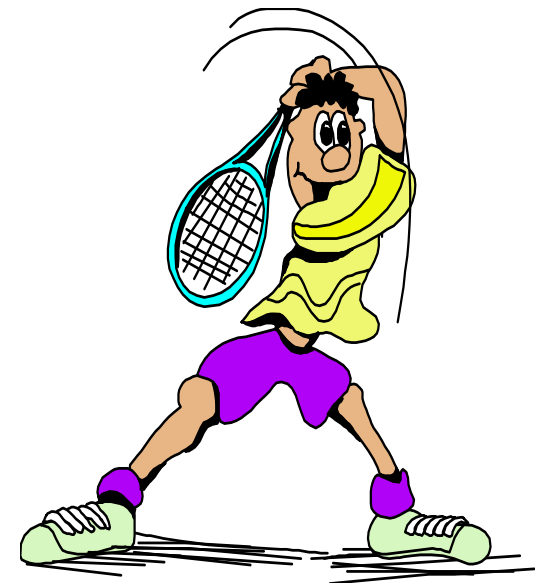
A bar is situated in the adjacent rugby club and the Fishes Pub provides a very good food menu.
 Ample car parking
 Our new club house is finished and open and we have recently resurfaced our top courts and built a kids zone with mini tennis courts for mini tennis players.



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 church in North Hinksey Village (a five minute walk from the club)



The Junior Guide to Group Coaching Courses



Autumn 2011

Contact: Sue Ayres / Melanie Riste
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www.oxfordsportsltc.org
Tel: 01865 848658

Oxford Sports Tennis Club

Oxford Sports Tennis Club has developed a community and performance programme which aims to help every child reach their full potential. Coaching courses and playing opportunities are organised all year round catering for players of all different ages and abilities, from 4-18 yrs and from beginners to advanced performance players.

Club membership and coaching payment

New members - If you are new to the club and you would like to try a mini tennis red session on a Friday or Saturday you can pay for a trial half term, cost £40.

If you would like to attend a junior coaching course you do need to become a club member. You can either pay the reduced annual membership or the term time membership. If you pay the full annual membership you take advantage of the membership benefits. As a full club member, you can use the facilities outside coaching sessions, advance your tennis in the club squads or small group coaching, & play for a team or enter the club competitions. There is also a junior night for all club members who have started to play matches on a Friday evening. Players who are very committed and talented have the opportunity to access the Oxford Sports Performance Programme. Please ask for further details for performance or the family club membership

Holiday Courses -please ask for a leaflet.

Competitions - For Club competitions, Friday match practice, club teams, mini tennis competitions box leagues, matchplays contact Mrs A. Jackson alisonhm.jackson@tiscali.co.uk

Weekly Club Coaching Programme beginner to advanced full court tennis

Mini tennis is a great introduction to tennis. Mini tennis red is played with mini rackets, indoors on a badminton court with foam balls, or outside in the service box area. We teach basic movement, co-ordination, technical skills & simple tactics through fun structured activities. The next stage is mini tennis orange & green and then the full game. As the equipment & court size increases we teach more advanced technical & tactical skills with a game based approach and an emphasis on rallying & control, to improve success and confidence in playing.

Course Dates

13 weeks Monday 12th September-Sun 19th December
No coaching half term October Sunday 23rd -Sun 30th
The squads detailed below are outdoors at Oxford Sports

Under 8 years on the 1/1/2012 Mini tennis red

Wednesday	4.30-5.30pm	£68
Thursday	4.30-5.30pm	£68
Friday	4.30-5.30pm	£68
Saturday	10-11am	£68
Term	membership	£6

Under 10 years on the 1/1/2012

Wednesday	4.-45-5.45pm	£68
Thursday	5.30-6.30pm	£68
Friday	5.30-6.30pm	£68
Saturday	11-12am	£68
Term	membership	£20

U12yrs on the 1/1/2012 Mini tennis green

Thursday	5.30-6.30pm	£71.50
Friday	5.30-6.30pm	£71.50
Saturday	11-12pm	£71.50
Term	membership	£20

Full court tennis yellow ball U18 on the 1/1/2012

Monday U14	5.45-7pm	£94.25
Wednesday U16	5-6.15pm	£94.25
Thursday U14	5-6.15	£94.25
Friday U18	6-7.30	£113.10
Term	membership	£32

Advanced Tennis Programme

For players who are committed to playing competition & would like more intensive coaching in smaller groups

Mini red	Thursday	5-6pm	£68
Mini orange	Tuesday	5.30-7pm	£175.50
Mini Green & full court	U12, U14, U16, U18	Mon, Weds, Thurs	£175.50 - 1½ hours a week for 13 wks

Small Group Coaching

Intensive coaching squad with a low ratio of players per coach. Cheaper than individual lessons.

Organised on different days to suit your availability, either one or one & a half hours a week.

The cost is £9 for a one hour lesson.

Cost for the one hour, 13 week term is £117

Cost - one & a half hour, 13 week term is £175.50

All coaching costs include court & floodlight charges