

# Application Form

Name.....  
 Date of Birth.....Age.....  
 Address.....  
 .....  
 Post Code.....  
 Email.....  
 Tel (home).....  
 Mobile.....  
 Emergency Tel.....  
 Doctors surgery.....  
 Injury/Illness.....  
 School.....

Anyone in coaching must become a club member.  
 The community membership of £5 is for players only attending community starter groups Friday 5-7pm & Sat 10-11am. The full junior club membership is for players who would like to take advantage of the full coaching & competitive programme. To join as a member from 1st January 2010 to 31st March 2010 it costs just £12.60 if you were U12 on the 31/12/2008 & £20.40 if you were U18. Please tick the Membership you would like:

Community  Full U12  Full U18

All coaching costs include court & floodlight charges  
 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 £.....

As a club we use photographs for promotion & advertising. Please tick if you do not want your child to be photographed or the picture used for the above

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

**Forms and payment should be returned before the start of the course to Melanie Riste**  
 (contact details are 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 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

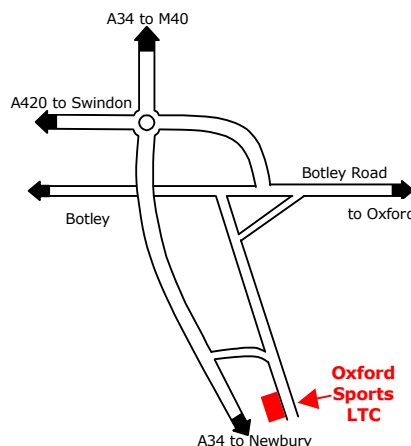
Courts - 9 all weather tennis courts (6 floodlit) which are available for members free of charge, although members need to buy tokens to pay for the floodlights should they wish to play using the lights.

### 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

We have resurfaced the lane and recently painted the tennis courts. We also have a development project to build a new club house and further develop our facilities, which is near completion.

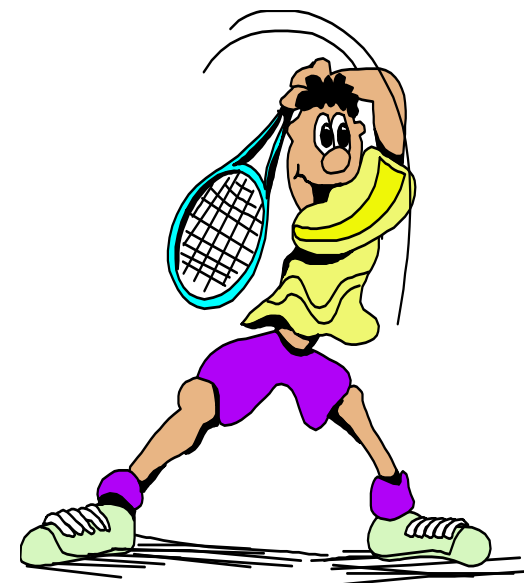


The club is signposted from the A34 and from the Botley Road (A420). It is situated at the end of North Hinksey Lane, adjacent to Oxford RFC.

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



## Spring 2010

**Contact: Melanie Riste**  
**Po Box 320, Kidlington**  
**Oxford OX5 9AA**  
**Email: melanie\_riste@hotmail.com**  
**www.oxfordsportsltc.org**  
**Tel: 01865 848658**

## The 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. The wide and diverse range of activities caters for players of all different ages and abilities, from 5-18 years and from beginners to advanced performance players. We also organise a number of FREE taster sessions at schools and "play tennis" fun events.

### Term Time Coaching

Which squad is the most suitable for me?

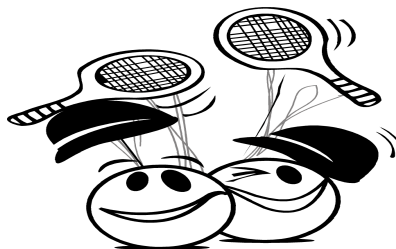
The 'Starter' sessions for community members Fridays 5-7 & Sat 10-11 provide a great introduction to tennis. It costs just £5 a year to become a community member. You then have the opportunity to convert your community membership to become a full club member, which enables you to use the facilities outside coaching sessions, advance your tennis in the club squads or small group coaching, & also play for a team or enter the club competitions. Players who are very committed and talented have the opportunity to access the Oxford Sports Performance Programme. If you are interested in performance or the family club membership please ask for further details.

### Holiday Courses &

Competitions - Please ask for details of our holiday courses. For club competitions-box leagues, monthly matchplays contact Mrs A. Jackson [alisonhm.jackson@tiscali.co.uk](mailto:alisonhm.jackson@tiscali.co.uk)

## 'Starter' Courses for Oxford Sports community members and club members

Mini tennis is a great way for children to start to learn and play the game. 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. Mini tennis orange & green. The next stage up to the full game. larger rackets, low compression tennis balls, larger court. More advanced technical & tactical skills with a game based approach. An emphasis on rallying & control, to improve success and confidence in playing tennis.



### Friday Evening Starter Night

This is open to community & club members and provides a fun introduction to the game

TIME	AGE	SQUAD
5 -5.45pm	U7	Mini Tennis red
5 -6pm	U9	Mini Tennis red / orange
6 - 7pm	U14	Mini Green / Full tennis

5 week course at Oxford Sports  
February 26, March 5, 12, 19, 26 - £22.50

### Saturday Starters

This is open to community & club members  
Saturdays at Oxford Sports

We also offer a parents coaching session 10—11am  
Sat 10am - 10.45am 4 - 8yrs mixed MT red  
Sat 10am - 11am 6 - 9yrs mixed MT orange

January 9, 16, 23, 30, Feb 6, 13 Cost -£27  
February 27, March 6, 13, 20, 27 Cost-£22.50

## Weekly Club Coaching Programme Oxford Sports club members only

Membership U12 £4.20 & U18 £6.80 per month

### MINI TENNIS

#### **Mondays 5-6pm Mini Tennis Red - Orange**

Outdoors at Oxford Sports 11 weeks Cost £55

January 11, 18, 25, Feb 1, 8 HT

February 22, March 1, 8, 15, 22, 29

#### **Mondays 4-5pm Mini tennis green - Full court**

Outdoors at Oxford Sports – 11 weeks Cost £55

January 11, 18, 25, Feb 1, 8 HT

February 22, March 1, 8, 15, 22, 29

#### **Thursdays at Oxford Sports Mini Tennis 12 wks:**

**5pm-6pm MT Orange** Cost £60

**6-7pm MT Green - Full court** Cost £60

January 7, 14, 21, 28, Feb 4, 11, HT

February 25, Mar 4, 11, 18, 25, April 1.

#### **Saturdays 11 - 12pm Mini Tennis Orange -Green**

**11 weeks at Oxford Sports** Cost £55

January 9, 16, 23, 30, Feb 6, 13 HT

February 27, March 6, 13, 20, 27

### Improver - advanced Full Court Tennis

**12 weeks** Wednesday January 6th - Frid 2nd April

No squads at half term February 15th - 21st

DAY	TIME	SQUAD	COST
Mon	5.30pm-7pm	U18 mixed	FT £95.70
Tues	5.30pm-6.45pm	U11 mixed	FT £79.75
Weds	5.30pm-7pm	U15 mixed	small groups
Friday	5.30pm-7pm	U17 mixed	FT £104.40

### 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 £8.90 for a one hour lesson.

Cost for the one hour, 12 week term is £106.80

Cost - one & a half hour, 12 week term is £160.20

**All coaching costs include court & floodlight charges**