



ALTON TENNIS CLUB JUNIOR TENNIS PROGRAMME for SPRING 2008

with Licensed LTA Tennis Coach Michele Price



Junior Tennis at Alton Tennis Club

All Sessions are open to Non-Members as well as Members. There is no need to book a place, these sessions are a great introduction to tennis or for those just wanting to play for fun. Players will learn ball skills and basic strokes as well as improving agility, co-ordination flexibility, and fitness. You can just turn up, and pay and play, no need to book a place. Lessons will restart on April 5th - every Saturday morning until August, when the holiday programme will start. (Sorry no tennis on Saturday May 24th or Saturday 28th June)

Come and have a go - just arrive and try it out

Rackets and balls provided

Beginners	8 – 12 yrs	Saturday mornings from 10.15 – 11.00
Improvers	10 – 14 yrs	Saturday mornings from 11.00 – 12.00
Advanced	12 – 16 yrs	Saturday mornings from 12.00 – 13.00

£4.00 per session on a Pay and Play basis (reduced price for Members)
Rackets available if required

Competitions for keen players

In 2007 the LTA introduced a new competitive framework ensuring the right competition is provided to the right players at the right time of their development. Playing with slower balls on smaller courts helps players develop better technique, and improve their balls skills in an environment better suited to their size and age. Players are nowadays also encouraged to start playing with smaller rackets, more fitting for their height and size than learning to play using large adult rackets.

Red competitions are for players aged 8 years and under, played with slower, larger, balls to make tennis easier for younger players. The courts are very much smaller (12m x 6m), and all players are encouraged to have a go. They progress to **Orange Competitions, for players 9 years and younger**, a slightly different orange ball, and now playing on a slightly larger court than the red court. **Players aged 10 and over then start to use a green ball**, which is more similar in size to the normal yellow tennis ball, but is just slightly slower. Players now play on a normal size tennis court.

Red Competitions for players aged 8 years and under:

Saturday 8th March from 12.30 – 14.30 indoors at Alton Sports Centre
(beginners and first timers competition)

Thursday 10th April from 1400 – 1600 indoors at Alton Sports Centre possible team competition against another tennis club

Saturday 10th May - from 1400 – 1600 outside at Alton Tennis Club and possible selection day for Hampshire Games

Green competitions for players aged 10 years and under:

Saturday 15th March at Perins Community School

Saturday 14th June from 1400 – 1600 at Alton Tennis Club

**Alton Tennis Club Mini and Junior Club Championship will be held at the
Tennis Club on Saturday 19th July**

**Red tournament from 10 – 11.30; Orange or Green tournament from 11.30 – 12.45
and a Junior tournament from 1300 - 1500**

Junior Squad Team Training (for those players wanting to play competitions) takes place on Wednesday evenings from 5.00 – 7.00 pm
please contact Michele for details



Advanced Junior Players enjoying a wet day at Wimbledon 2007 and thinking of their next competition

Parents – if you need to improve and play with your children, adult tennis coaching is available. Alton Tennis Club is running a Return to Sport programme on Wednesday mornings starting on Wednesday 23rd April for 6 or 7 weeks from 9.30- 11.00am. There is also tennis course starting on Friday mornings at 1300 or 1330 for one hour (time to be confirmed) on Friday 2nd May for 6 weeks, so be brave and give us a call, brush the rust off your racket, or borrow one, and learn a new skill at the same time as improving your fitness!



Alton Tennis Club works with Alton Sports Centre to provide an indoor tennis programme for younger players from 4 – 9 years

Courses run indoors for younger players on Wednesday afternoons at 4.00pm to 4.45 and on Thursday afternoons from 4 – 6.30pm and on Saturday mornings from 08.45 – 10.00am

For further details about the Junior Tennis programme at Alton Tennis Club or Alton Sports Centre please contact LTA Tennis Coach

Michele Price on 07774229331 or email m@macprice.co.uk