



## **WEST BRIDGFORD TENNIS CLUB**

**Little Bounds  
Off Wilford Lane  
West Bridgford  
Nottingham  
NG2 7QA**

**Tel: 0115 9811699**

**email:**

**[lesley@west-bridgford-tennis-club.co.uk](mailto:lesley@west-bridgford-tennis-club.co.uk)**

**Visit our website:**

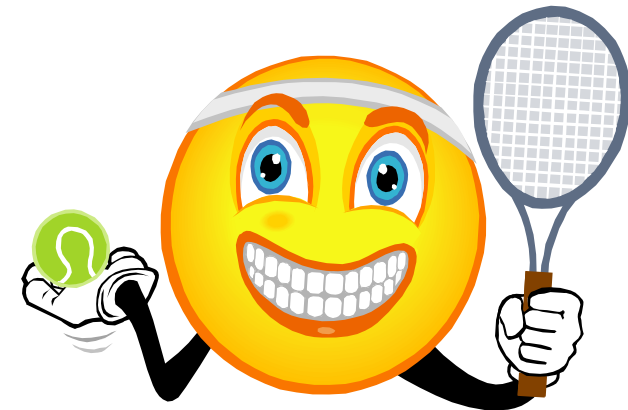
**[www.west-bridgford-tennis-club.co.uk](http://www.west-bridgford-tennis-club.co.uk)**



## **WEST BRIDGFORD TENNIS CLUB**

### **SUMMER TENNIS CAMP 2011**

**Monday 8th to Friday 12th August  
From 10-00 am to 4-00 pm each day  
For 10 to 16 year olds**



**Quality Coaching  
And  
Lots of fun**

Come and improve your tennis skills on our 5 day tennis coaching camp. The camp is designed for 10 to 16 year old players of all playing standards from beginner to advanced. To ensure maximum progress, participants will be grouped with players of a similar standard. The coaching team are widely experienced in working with juniors to provide quality coaching within a fun environment. The fitness sessions will aim to improve speed, strength, stamina and suppleness and will be taken by a qualified Personal Fitness and Sports Therapy Instructor.



### QUALITY COACHING

You will receive up to 4 hours of coaching each day on both the indoor and outdoor courts in a stimulating, enjoyable & relaxing atmosphere. The coaching staff are LTA qualified & licensed coaches. The coaching is designed to improve your skills through:

- drills to develop & improve technique of the stroke
- video analysis
- ball machine practice
- singles and doubles tactics & match play
- fitness sessions

### NON-TENNIS ACTIVITIES

In addition to the tennis coaching, each day will have a 'fun hour' where participants will have an opportunity to play other sports such as football, unihoc, kwik cricket, table tennis, etc. in an organised and fun environment.

### FOOD

The club will provide lunch every day in the dining area of the pavilion. A choice of food will be available including vegetarian options. Please notify us when booking if you have any special dietary requirements. Drinks and other snacks can be purchased throughout the day from the reception.

### SUPERVISION

Participants will be supervised at all times by a member of staff. We like to have a relaxed and fun atmosphere but safety and security are paramount. The club has a child protection policy and a fully trained first-aider will be on site at all times.

### FACILITIES:

West Bridgford Tennis Club is one of the leading clubs in the country. In 2000 the club was awarded the LTA Facility of the Year Award and in 2006 the Rushcliffe 'Club of the year' Award.

The facilities include:

- Three indoor cushioned acrylic courts
- Three outdoor floodlit cushioned acrylic courts
- Three outdoor floodlit artificial grass courts
- Two storey pavilion
- Large lounge & dining area with catering and licensed bar
- Games & T.V. room
- Changing rooms & showers
- Gymnasium, sauna & steam room
- Sun & barbecue terrace
- Lift to all floors & wheelchair access to courts and pavilion



### OTHER INFORMATION

Participants are encouraged to bring their own rackets but rackets are available to borrow, free of charge, should you not have one. Suitable sports clothing and appropriate non-marking tennis shoes are recommended. At the end of the course, each participant will receive a certificate of attendance.

### COST

£110-00 members – £125-00 non members. If two children from the same family attend a 10% discount will be given on the 2nd child's course fee. Cost includes all coaching, activities and lunch each day.

### CANCELLATION FEES

There will be a charge of £50 per person for cancellations received after 8th July 2011. Persons whose cancellations are not received more than 7 days in advance of the commencement date of the course ( this includes 'no shows' who fail to notify cancellation at all or participants who fail to complete the course ) will be liable for the full price of the course.

## Tennis Camp Application Form 2011

Please complete this application form in block capitals and return it as soon as possible to:- Lesley Whitehead, Tennis Manager, West Bridgford Tennis Club, Little Bounds, Off Wilford Lane, West Bridgford, Nottingham, NG2 7QA.

Tel: 0115 9811699.

If two children from the same family attend the camp, we offer a 10% reduction on the 2nd child's course fee.

Name: .....

Address: .....

.....

.....

Tel.No: .....

Email Address:

D.O.B: .....

Are you a member of WBTC? .....

Payment may be made by cash or cheque (payable to WBTC )

Please note, payment must be made in full with this application form.

I enclose £            as full payment for course.

Do you suffer from any medical condition which the coach should be aware of?

.....

Special dietary requirements:

.....

**In the event of an absent parent/guardian, a parent/guardians signature on the application form will authorise such emergency medical treatment as may be recommended by an approved medical authority.**

Parent's Signature: .....

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