

# Adult Group Coaching 2010

| Term Dates and Coaching Fees for 2010 |                                 |                       |           |
|---------------------------------------|---------------------------------|-----------------------|-----------|
| Term:                                 | Start Date:                     | No. of weeks in term: | Cost:     |
| Term 1                                | Monday 1 <sup>st</sup> February | 8 weeks               | \$ 188.00 |
| Term 2                                | Monday 12 <sup>th</sup> April   | 9 weeks               | \$ 212.00 |
| Term 3                                | Monday 12 <sup>th</sup> July    | 9 weeks               | \$ 212.00 |
| Term 4                                | Monday 4 <sup>th</sup> October  | 9 weeks               | \$ 212.00 |

Our Adult group coaching sessions cater for players of all standards in a friendly, social and relaxed coaching environment. We run classes 6 days per week, both in the mornings and in the evenings. Classes run for an hour each week with a maximum of 4 students per class. We also have childcare available for morning classes on most days. In the case of wash-outs, heat-outs or coach absence make up lesson will be organized. Lessons missed through pupil absence will **not** be deducted from term fees, but can be made up subject to class availability.

*Ask us about our 10% Family Discount for each additional family member in any of our programs*

## Enrolment Form - Adult Group Coaching 2010

Please select your preferences  from the coaching options below

| Terms and Starting Dates   | Preferred Times   | Preferred Days  |
|--|---|---|
| <input type="checkbox"/> Term 1: Monday 2 <sup>nd</sup> February | Monday to Friday: <input type="checkbox"/> 9:30 – 10:30 am<br><input type="checkbox"/> 10:30 – 11:30 am | <input type="checkbox"/> Monday<br><input type="checkbox"/> Tuesday     |
| <input type="checkbox"/> Term 2: Monday 20 <sup>th</sup> April   | Monday to Thursday: <input type="checkbox"/> 6:30 – 7:30 pm<br><input type="checkbox"/> 7:30 – 8:30 pm  | <input type="checkbox"/> Wednesday<br><input type="checkbox"/> Thursday |
| <input type="checkbox"/> Term 3: Monday 13 <sup>th</sup> July    | Sunday: <input type="checkbox"/> 10:00 – 11:00 am<br><input type="checkbox"/> 11:00 – 12:00 am          | <input type="checkbox"/> Friday<br><input type="checkbox"/> Sunday      |
| <input type="checkbox"/> Term 4: Monday 4 <sup>th</sup> October  |   |   |

Indication of Standard - Please select your standard  based on the descriptions below.

|  |  |  |   |  |
|--|--|--|---|--|
| <b>Total Beginner</b> <input type="checkbox"/><br><ul style="list-style-type: none"> <li>• Limited tennis experience and no formal coaching</li> <li>• Possibly had some social hitting experience</li> <li>• Emphasis on TECHNIQUE, SOCIAL, ETTIQUETTE &amp; FUN</li> </ul> | <b>Beginner</b> <input type="checkbox"/><br><ul style="list-style-type: none"> <li>• Minimal background experience</li> <li>• Ability to rally with Coach</li> <li>• Early stages of rallying with other students</li> </ul> | <b>Strong Beginner</b> <input type="checkbox"/><br><ul style="list-style-type: none"> <li>• Focus on different grips &amp; swing patterns</li> <li>• Introduction to doubles play with other students</li> <li>• Students can display general technique for all strokes</li> <li>• Competent in low level Competition</li> </ul> | <b>Low Intermediate</b> <input type="checkbox"/><br><ul style="list-style-type: none"> <li>• Introduction to topspin &amp; slice</li> <li>• Extension of serving technique ie. Spins etc</li> <li>• Competent in mid level Competition</li> <li>• Expand on doubles and singles play</li> </ul> | <b>Intermediate</b> <input type="checkbox"/><br><ul style="list-style-type: none"> <li>• Ability to take part in full match play exercises</li> <li>• Extension of Low Intermediate level skills</li> <li>• Extensive drills with increased intensity</li> <li>• Able to competently display a variety of different strokes</li> </ul> |
|--|--|--|---|--|

I will need childcare at the time of my lesson. (Childcare operates Monday to Friday mornings, places subject to availability)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Post Code: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (b) \_\_\_\_\_ (m) \_\_\_\_\_

E-mail: \_\_\_\_\_

Fees are required upfront, either with this enrolment or at the start of term. We accept cash, credit or cheques. Cheques payable to: Boroondara Tennis Centre. Payments made after week 2 of term will not be eligible to receive the family discount.

