

## ABOUT US

Our tennis program & quality coaching will ensure that you will always be moving up to the next level. From friendly introductory tennis lessons to winning tournaments, our coaches will be there for you. Our adult & junior tennis club is one of the best in the County. Over 300 adults & children of all ages, abilities and disabilities enjoy tennis lessons with us every week as part of our adult, disability, junior and mini coaching program, including some of the best junior players in Dorset.

## HOW TO BOOK AND PAY FOR YOUR COURSE

To make sure we have the right course for you and space is available please contact Dave Sanger. The first course lesson is free subject to terms, conditions & availability. We try our best to find the correct group/level for you. Please discuss with the coach on court if you feel you need to be moved or would like to do additional sessions.

If you wish to take part, please would you complete the return slip and return it to Dave or one of the coaching team to secure your place. **BACS details are Dave Sanger Tennis Coaching Ltd 20-11-39 43748324**, Cheques should be made payable to "DAVE SANGER TENNIS COACHING LTD". Payment must be made in full prior to course commencement as places will be limited and will be on a first come first serve basis. Payments can be flexible if necessary, please speak to David if you need to. No refunds can be given except in exceptional circumstances. **Please would you pay your fees by 4<sup>th</sup> January to avoid disappointment and your place being given to someone else!**

Although we make every effort to accommodate all players, courses and pay & play activities days and times are subject to change and must have a minimum of 4 players booked in order to run. The final decision is at the discretion of the Coaches. **Ages in brackets are a guideline only.** Please bring a drinks bottle and light rain/wind jacket. Coaches will attempt to continue in most weather conditions – PLEASE ALWAYS TURN UP!

## COACHING ENROLMENT FORM – SPRING 2017

Name ..... DOB (u18's only) .....

Address .....

Postcode ..... School attending (Juniors only). .....

Tel ..... Mobile .....

Email .....

Any health problems/Learning Difficulties? .....

Chosen Courses (please put the day, time and group names); .....

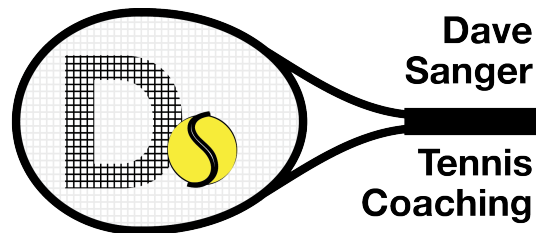
Please ensure you have a FREE British Tennis Membership & LTA rating for internal matches that are played through the term: [www.lta.org.uk/Members/join](http://www.lta.org.uk/Members/join)

**PAYMENT;** Date.....  
I enclose a CASH/CHEQUE/BACS (payable to Dave Sanger Tennis Coaching Ltd) for £ . . . . .  
BACS details are Dave Sanger Tennis Coaching Ltd 20-11-39 43748324

\*I give my permission for my child or myself to be treated with emergency first aid by the first aider on site if any accident may occur at Southbourne Tennis Club.  
\*I give my permission for my child or myself to be involved in any publicity (including photographs/videos/website) surrounding coaching activities at Southbourne Tennis Club.  
\*I give my permission for myself or my child to be enrolled in the free LTA British Tennis Membership.

Signed (Parent/Guardian if under 18) .....Printed. ....

Please return all forms with payment to; Dave Sanger Tennis Coaching Ltd, 4 Copythorne Close, Troop, Bournemouth, BH8 0NS or return form with cheque/cash to one of the coaches.



Dave  
Sanger

Tennis  
Coaching



Southbourne  
Tennis Club

Iford Lane, Bournemouth, BH6 5NF

DAVE SANGER TENNIS COACHING LTD  
& SOUTHBOURNE TENNIS CLUB LTD

SPRING PROGRAMME 2018

For Children and Adults

Coaching runs from 8<sup>th</sup> Jan – 25<sup>th</sup> Mar

No coaching during Half Term 12<sup>th</sup> – 18<sup>th</sup> Feb

(If a session is cancelled due to adverse weather an extra session will be held during week 26<sup>th</sup> Mar)

Dates for Diary: (Times and Days are subject to change)

All Mini Tennis Players on our courses are invited to play in our fun match plays.  
World Mini Tour Fun Match Play Days - for U11's of all abilities  
Please look on the competition notice board for dates



More information

[www.southbournetennisclub.co.uk](http://www.southbournetennisclub.co.uk)

Dave Sanger Head Coach

Mobile 07812 676761

Email: [davesanger@gmail.com](mailto:davesanger@gmail.com)



Coaching fees required by 4<sup>th</sup> Jan 2018 to reserve your place

## TENNIS COACHING FOR MINI TENNIS 3-10YRS

Mini Tennis Term Club Membership for all Under 10's is included in coaching course fee.

**Mini Tennis Standard of groups:** **FUNDamentals** Learning agility, balance, coordination & basic tennis skills  
**Club** Learning to serve, rally, score and play the game as soon as possible, with regular FUN internal competition.  
**Development\*** Access through coaches discretion, players attend 1-2 squads a week, aiming to play competitions.  
**Team\*\*** Invitation only – players access two squads a week with individual lessons and start regular competition.

We offer the following discounts on upfront course fees

Family discount 10% off term fee if 2 or more family members book onto our courses,

Course discount 10% off term fees if an individual books onto 2 courses & 20% off for 3 courses or more.

### MINI TENNIS

| Day                     | Level        | Time          | Wks | Lead Coach (subject to change) | Cost   |
|-------------------------|--------------|---------------|-----|--------------------------------|--------|
| <b>TOTS (3-6 years)</b> |              |               |     |                                |        |
| Saturday                | FUNDamentals | 10.10-10.55am | P&P | Zoltan Horvath                 | £5 P&P |
| Friday                  | FUNDamentals | 4.00-4.55pm   | 10  | Dave Sanger                    | £60    |
| Saturday                | FUNDamentals | 9.00-9.55am   | 10  | Liana                          | £60    |

\*P&P – Pay and Play (Some P&P sessions may run in half term, please check with the coach)

| <b>RED (8 years &amp; under)</b> |              |             |    |                |     |
|----------------------------------|--------------|-------------|----|----------------|-----|
| Tuesday                          | Club         | 4.00-4.55pm | 10 | Ray Burningham | £60 |
| Friday                           | Club         | 4.00-4.55pm | 10 | Zoltan Horvath | £60 |
| Saturday                         | Club         | 9.00-9.55am | 10 | Dave Sanger    | £60 |
| Saturday                         | Club         | 9.00-9.55am | 10 | Dan Gilbert    | £60 |
| Saturday                         | Club         | 9.00-9.55am | 10 | Ray Burningham | £60 |
| Monday                           | Devel/Team** | 5.00-5.55pm | 10 | Mitch Bentley  | £60 |
| Thursday                         | Devel/Team** | 4.00-4.55pm | 10 | Matt Sanger    | £60 |
| Thursday                         | Devel/Team** | 4.00-4.55pm | 10 | Zoltan Horvath | £60 |
| Sunday                           | Devel/Team** | 9.00-9.55am | 10 | Zoltan Horvath | £60 |

| <b>ORANGE (9 years &amp; under)</b> |              |               |    |                |     |
|-------------------------------------|--------------|---------------|----|----------------|-----|
| Wednesday                           | Club         | 5.00-5.55pm   | 10 | Ray Burningham | £60 |
| Friday                              | Club         | 4.00-4.55pm   | 10 | Dan Gilbert    | £60 |
| Friday                              | Club         | 5.00-5.55pm   | 10 | Ray Burningham | £60 |
| Saturday                            | Club         | 10.15-11.10am | 10 | Dave Sanger    | £60 |
| Monday                              | Devel/Team** | 5.00-5.55pm   | 10 | Matt Sanger    | £60 |
| Tuesday                             | Devel/Team** | 4.00-4.55pm   | 10 | Matt Sanger    | £60 |
| Thursday                            | Devel/Team** | 4.00-4.55pm   | 10 | Dan Gilbert    | £60 |

| <b>GREEN (11 years &amp; under)</b> |      |             |    |                |     |
|-------------------------------------|------|-------------|----|----------------|-----|
| Thursday                            | Club | 5.00-5.55pm | 10 | Ray Burningham | £60 |
| Saturday                            | Club | 9.00-9.55am | 10 | Matt Sanger    | £60 |

| <b>VISUALLY IMPAIRED MINI &amp; JUNIOR &amp; DOWN SYNDROME (DS)</b> |                 |                 |    |             |        |
|---|-----------------|-----------------|----|-------------|--------|
| Saturday  | Visual impaired | 11.00-11.55am   | 10 | Dan Gilbert | £60    |
| Saturday  | DS Active       | 11.30am-12.25pm |    | Dave Sanger | £5 P&P |

**Adverse Weather Conditions** ~ If adverse/wet weather conditions prevail it should be mutually agreed that the weather conditions are unfit for play before a lesson is cancelled. Be aware that the Coach may not be able to make a decision about the weather until 15minutes before the lesson is due to commence. Please always check with the Coach.

## TENNIS COACHING FOR JUNIORS 10-17 YRS & ADULTS

Junior Club Membership is £90 per annum. Junior members receive discount on coaching course fees.

**Junior & Adult Tennis Standard of groups:** **Cardio Tennis** Music, Fitness, and Fun. No tennis skills required.  
**Beginner/Xpress** Not played much before/for a few years  
**Intermediate** Play once a week & can rally/serve/score/compete consistently  
**Advanced** Competing regularly and using strategies in play.

We offer the following discounts on upfront course fees

Family discount 10% off term fee if 2 or more family members book onto our courses,

Course discount 10% off term fees if an individual books onto 2 courses & 20% off for 3 courses or more.

### JUNIOR/ADULT TENNIS

| Day                                 | Level              | Time          | Wks | Lead Coach     | Member/Non Member |        |
|-------------------------------------|--------------------|---------------|-----|----------------|-------------------|--------|
| <b>JUNIORS (10years &amp; over)</b> |                    |               |     |                |                   |        |
| Wednesday                           | Begin/Inter U15's  | 5.00-5.55pm   | 10  | Dan Gilbert    | £50               | £60    |
| Friday                              | Begin/Inter U14's  | 4.00-4.55pm   | 10  | Matt Sanger    | £50               | £60    |
| Friday                              | Intermediate U16's | 5.00-5.55pm   | 10  | Matt Sanger    | £50               | £60    |
| Monday                              | Intermediate U14's | 4.00-4.55pm   | 10  | Dave Sanger    | £50               | £60    |
| Thursday                            | Intermediate U16's | 5.00-5.55pm   | 10  | Zoltan Horvath | £50               | £60    |
| Tuesday                             | Inter/Advan U16's  | 5.00-5.55pm   | 10  | Matt Sanger    | £50               | £60    |
| Wednesday                           | Advanced U12's     | 5.00-5.55pm   | 10  | Matt Sanger    | £50               | £60    |
| Wednesday                           | Advanced U17's     | 5.00-6.25pm   | 10  | Dave Sanger    | £65               | £75    |
| Thursday                            | Advanced U17's     | 5.00-6.25pm   | 10  | Matt Sanger    | £65               | £75    |
| Friday                              | Advanced U12's     | 5.00-5.55pm   | 10  | Zoltan Horvath | £50               | £60    |
| Sunday                              | Advanced U12's     | 9.00-10.00pm  | 10  | Matt Sanger    | £50               | £60    |
| Monday                              | Mixed Club night   | 6.00-7.25pm   |     | Matt Sanger    | Free              | n/a    |
| Friday                              | Girls Club         | 5.00-5.55pm   | 10  | Dave Sanger    | Free              | £3 P&P |
| Saturday                            | Mixed Club day     | 10.00-11.25am |     | Dave Sanger    | Free              | n/a    |

\*P&P – Pay and Play (Some P&P sessions may run in half term, please check with the coach)

| <b>ADULT &amp; IMPAIRMENT</b> |                     |                |  |                |        |        |
|-------------------------------|---------------------|----------------|--|----------------|--------|--------|
| Monday                        | Cardio Tennis       | 9.00-9.55am    |  | Zoltan Horvath | £5 P&P | £5 P&P |
| Saturday                      | Cardio Tennis       | 9.00-9.55am    |  | Zoltan Horvath | £5 P&P | £5 P&P |
| Wednesday                     | Beginners           | 7.15-8.10pm    |  | Matt Sanger    | £5 P&P | £5 P&P |
| Thursday                      | Beginners/Interm    | 10.00-11.25am  |  | Dave Sanger    | £5 P&P | £7 P&P |
| Monday                        | Intermediates       | 7.00-8.25pm    |  | Zoltan Horvath | £5 P&P | £7 P&P |
| Wednesday                     | Ladies Intermediate | 9.30-10.55am   |  | Dave Sanger    | £5 P&P | £7 P&P |
| Monday                        | Visually Impaired   | 2.00 – 2.55pm  |  | Dave Sanger    | £5 P&P | £5 P&P |
| Tuesday                       | Wheelchair tennis   | 12.30 – 1.55pm |  | Dave Sanger    | £5 P&P | £5 P&P |
| Thursday                      | Wheelchair tennis   | 1.00 – 2.25pm  |  | Dave Sanger    | £5 P&P | £5 P&P |
| Saturday                      | Learning Disability | 3.30-4.25pm    |  | Dave Sanger    | £5 P&P | £5 P&P |

### PRIVATE TENNIS COACHING FOR ADULTS & CHILDREN;

Private coaching is available to all players and is the quickest & most effective method to improve your game, whatever your standard (subject to availability). **24hour cancellation fee**~ notice of at least 24 hours is expected for any private lessons cancelling. If notice is given less than 24hours, then the full lesson fee may be charged.

Please note fees are shown for members (non member's fees apply)

**Dave Sanger (Head Coach) Level 4 Senior Performance Coach LTA Licensed; 07812 676761**

1 hour £25 / 30 minutes £13

**Matt Sanger Level 3 Performance Coach LTA Licensed; 07931 265935**

1 hour £20 / 30 minutes £10

**Zoltan Horvath Level 2 Club Coach LTA Registered; 07751 049947**

1 hour £20/ 30 minutes £10