

## Grafton Junior Coaching Schedule – Autumn Season September 2011 Onwards

**For Bookings: John Peters, tel: 07801 910264, email: johntennis@virginmedia.com**

Lead coaches: John (J), Gary (G), Mike (M), Bartek(B). **Once per week coaching: £25 per month / Unlimited groups (3 or more times per week): £55 per month. Red ball – approx ages 4-8, Orange ball – approx age 9, Green ball – age 10, Yellow ball – approx age 11+.** **Grade 1 = beginner, Grade 2 = Improver** (can ALREADY do forehands/2-handed backhand/underarm, over-arm serve, volley, smash). **Grade 3 = Intermediate** (eg. can *already* control different spins on the serve, split step before shots, play one-handed backhands, drop shots, high backhand volley, direct ground strokes crosscourt and down the line). Intermediate players should ideally be training twice a week (red), 3 times per week (Orange) or 4 times per week (Green / Yellow). Additional sessions can be organised depending on player levels / needs: speak to John to discuss. A similar schedule to the one below will run all-year round. Simon Barker is running Green level match play sessions on Saturday afternoons. Matchplays are free to members, but you need to register by emailing John Peters – he will then make sure the organiser has you on his player list. The organiser needs to know in advance if you are coming. Saturday schedule varies due to events, including Junior Tour competitions (for players with LTA ratings and previous competition experience – check with John / Gary as to suitability)

### Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am						Orange Matchplay (M)	Red Matchplay (J)
10am							
11am							
12pm-1:30pm							
1:30pm-2:30pm							
2:00pm-4:30pm							
4pm	Red 1 (G) Orange 1 (J)	Red 1 (J+G)	Schools talent – by invitation (G)	Red 1 (J + G)	Orange 2 (J)	Green Matchplay (Simon Barker)	Yellow Matchplay (M) 4:30pm ‘til 6:30pm
5pm-6:00pm	Green /Yellow 1 (J)	Yellow 2 (J)	Red 2 (G)	Orange / Green 2 (J)	Yellow 2 (J)		
5pm-6:30pm	Green / Yellow 3 (G)	Green / Yellow 3 (G)	Green / Yellow 3 (B)	Green / Yellow 3 (G)	Yellow 3 (J) NB: 6pm-7pm only		