

## 2.2 Coaching Programme



Clarkston Tennis Club is currently working with a new Club Coach to identify a new coaching programme. The aims of this coaching program will be to

- Set out a yearly program
- Identify and focus of key objectives i.e Increase female participation, getting player to a standard capable of representing the club at open tournaments
- Encourage Adults to make more from there membership by improving there skills

Working within the current LTA guideline Hannah will be supported in this programme by Jill Montgomery and Graeme Stewart. Both Assistant coaching are Level 1 qualified with intentions of obtain Level 2 within the next 6 months

Current Junior Coaching Programme						
Coaching	Group	Times	Month/Date	Frequency	Grade	Details
Spring Coaching Programme	Red Beginner	09:00 09:45	Saturdays April - June	Weekly	Any	Open to all members and Non Members
	Red	09:45 10:30				
	Orange	10:30 11:30				
	Green	11:30 12:30				
	Girls (10+)	16:30 17:30 17:30 18:30	Thursdays April - June			
	Boys (8+)	16:30 17:30	Tuesdays April - June			
East Camps	Red	09:00 10:30	6 <sup>th</sup> April - 9 <sup>th</sup> April	Daily	Any	Open to all members and Non Members
	Orange	10:30 12:30				
	Green	12:30				
	Junior 10+	13:30 15:30				
Summer Coaching Programme	Red	09:00 10:00	12 <sup>th</sup> – 16 <sup>th</sup> July	Daily	Any	Open to all members and Non Members
	Orange	10:00	26 <sup>th</sup> – 30 <sup>th</sup> July			
	Green	12:00	9 <sup>th</sup> – 13 <sup>th</sup> August			
	Junior 10+	12:00 16:00				

## 2.2 Coaching Programme



Current Junior Coaching Programme						
Competition type	Group	Times	Month/Date	Frequency	Grade	Details
Autumn Coaching Programme	Red Beginner	09:00 09:45	Saturdays Sept - Oct	Weekly	Any	Open to all members and Non Members
	Red	09:45 10:30				
	Orange	10:30 11:30				
	Green	11:30 12:30				
	Red	16:30 17:15	Tuesdays Sept - Oct			
	Orange	17:15 18:00				
	Boys (10+)	18:00 19:00				
	Green	16:30 17:30	Thursdays Sept - Oct			
	Girls (10+)	17:30 18:30				

Proposed Coaching Programmes						
Competition type	Group	Times	Month/Date	Frequency	Grade	Details
Adults	Adult Team Improver	19:30 20:30	Tuesdays Sept - November	Weekly	Intermediates and Lower Team Players	Singles and doubles coaching Developing individual skills and game play (Members Only)
	Adult Rusty Racquets	19:00 20:00	Thursdays Sept - November		Beginners	Social game play and informal coaching with gradual introduction to the club and tennis (Non Members Encouraged)
Juniors	U18 Invitation	TBC	Friday	Weekly	Grade 3	Advanced coaching for selected Juniors identified with as having abilities and potential