

NENAGH COACHING TEAM

All the coaches on the Nenagh Junior Tennis Programme are Tennis Ireland Qualified, Garda Vetted and Licensed to Level 1 or above. This ensures a quality of delivery and that all sessions are run in accordance with Tennis Coach Ireland Guidelines.

The members of our coaching team are:

- Frank O'Keeffe
- Anne Fitzpatrick
- Anne Marie Darcy
- Helena Darcy
- Triona Dunne

NENAGH LTC MEMBERSHIP

All players enrolled on the Junior Programme must be members of Nenagh LTC.

These players will have access to the club's facilities at times outside of lessons.

CONTACT DETAILS

Nenagh Junior Programme Contact Number:

085 - 2401591



Nenagh Lawn Tennis Club

Autumn Term 2016

**Monday 29th. August
- Saturday 5th. November**



Nenagh Lawn Tennis Club,
Limerick Road,
Nenagh, Co. Tipperary.

085 2401591

This term we will be introducing a new Blue Ball session for children aged 4 years old. This will enable them to learn the basics of the game in fun environment. Emphasis will be on balance, co-ordination, agility, movement and ball skills.

Mini Red is for players aged 5-7 years and is played on small courts with small racquets and soft balls. It's just like the real game and gives players opportunities to have long rallies and play different types of shots.

Mini Orange is for players aged 8 - 9 years and is a great way to either continue progress from Mini Red or to start from scratch. The court and racquets remain smaller than full size and the balls less hard, with players encouraged to develop a rounded game whilst learning a range of techniques and tactics.

	Blue 4 years	Mini Red 5-7 years	Mini Orange 8-9 years
Tuesday	15.30 - 16.00	15.30 - 16.45	16.45 - 18.00
Friday	15.30 - 16.00	15.30 - 16.45	16.45 - 18.00
Price	€35 for 1 session €50 for 2 sessions	€90 for 1 session €160 for 2 sessions	€90 for 1 session €160 for 2 sessions

*** 10% reduction for 2 or more from the same family

Mini Green is for players aged 10 - 11 and is played on a full size tennis court with a normal net height, but with balls that are a little softer than normal. It is the final stage of development before players move to yellow ball and helps to develop all aspects of the game, with players competing using regular scoring.

Yellow ball is the full game! Played on a full court with normal tennis balls, players aged 11+ will improve their technique and be more tactically aware. The skills learnt at this level will be transferable to all future games of tennis, with the emphasis being on overall improvement and enjoyment.

	Mini Green 10-11 years	Yellow Ball 11+ years
Tuesday	17.00 - 18.00	
Friday	17.00 - 18.00	18.00 - 19.00
Saturday		10.00 - 11.00
Price	€70 for 1 session €120 for 2 sessions	€70 for 1 session €120 for 2 sessions

*** 10% reduction for 2 or more from the same family

