

Pentyrch Tennis Club Squad Programme



Our club coaching programme is provided by **Tennis Squad** and includes a range of services to support development and enjoyment for our members.

Any queries can be directed to Rob Wedlake and Ellie Lewis on pentyrch@tennissquad.net

Group Coaching

Split by both age and standard, sessions run year-round in line with our coaching terms. They follow the Tennis Squad curriculum ensuring that all participants will be taught every stroke and game tactic relative to their level. We aim to combine structured teaching with plenty of games and activities to develop all-round physical literacy.

YOUTH SQUADS		PLAYER SQUADS
	<i>Plays weekly for fun & social benefits</i>	<i>Can serve, rally & scores, takes part in club teams & tournaments</i>
Red (ages 5-8)	Mon 16:00-16:45	Please ask for more information
Orange (ages 8-9)	Mon 16:45-17.30	
Green (ages 9-10)	Mon 16:45-17.30	
Yellow (ages 10-12)	Mon 17.30-18:15	
Teen & Adult	See our website news for seasonal short courses	

- Sessions follow our coaching terms (running 39 weeks per year).
- Email pentyrch@tennissquad.net to check on spaces.
- Once we've confirmed there is a place, please enrol via our website: <https://clubspark.lta.org.uk/PentyrchTennisClubCoaching/SquadCoaching>

Competitions

As part of the coaching terms, 'Match Weeks' are held before each half-term break to help develop your skills. Juniors in 'HITTER' squads are also invited to Tennis Squad Team Challenge Festivals on a regular basis to play against members from our other groups/clubs. There is no additional fee for these sessions – they are included in your Direct Debit.

Tennis Squad also run events from beginner level to UK regional standard. Team and tournament advice is sent to enrolled players on a regular basis.

For club membership information, please visit www.pentyrchtennis.co.uk