

Coaching Programme 2008

Description	How Often	How long	When	Delivered By
Mini Tennis Red – Orange and Green Group Coaching Programme	Saturday from 12.00 to 16.00	45 min sessions	All year accept Dec and Jan	Mark Doyle Jordan Bell
Mini Tennis Green Group Coaching Programme	Monday 16.00 to 18.30	45 min sessions	All year accept Dec and Jan	Mark Doyle
In School mini tennis initiative – Our Lady of Lourdes	To be confirmed	45 min sessions	To be confirmed	Mark Doyle
In School mini tennis initiative – Farnborough Infants	To be confirmed	45 min sessions	To be confirmed	Mark Doyle
Junior Tennis Yellow Group Coaching Programme	Friday and Saturday 16.00 to 19.00	45 min sessions	All year accept Dec and Jan	Mark Doyle
Junior Tennis Yellow Group Drilling / Practice and Match Play Sessions	Saturday / Sunday Friday	16.00 to 19.00	All year accept Dec and Jan	Mark / Roger
Junior Tennis Performance Coaching and Squad Drilling / Practice Sessions	Thursday – School Holidays 10.30 to 16.00	30min sessions	All year accept Dec and Jan	Frank Rowan / Mark Doyle
Junior Tennis Performance Coaching	Thursday 16.00 to 19.30	30min sessions	All year accept Dec and Jan	Frank Rowan
Adult Team Players Coaching / Practice Sessions	Sunday 13,00 to 15.00 Monday 18.30 to 20.30		Mar to May	Frank Rowan / Mark Doyle / Duncan Nimmo
Adult Beginners / Improvers Squad Coaching Programme	Thursday 13.00 to 16.00	45min sessions	March to July	Frank Rowan
Agility and Movement Training Sessions	Sunday 13.00 to 14.00 Monday 16.00 to 18.00	30min sessions	All year accept Dec and Jan	Douglas Wilkie