

## SUNDAY'S WELL JUNIOR TIMETABLE - TERM 1

September - December 2017 (13 weeks)

The timetable for is outlined below, please note the following key changes from last year.

- Sessions for tournament groups from U12 and older are now 2 hours and will include a fitness component.
- Sessions for club players are now 90 minutes.
- Players are encouraged to do two days if possible.

To book please submit attached form to Marie/Office **before August 20th 2017**. Squads will start again on **Monday 11<sup>th</sup> September**

DAY	TIME	GROUP	CATEGORY	COST 2/1 DAY(S)
<b>Monday</b>	2:00pm - 3:00pm	Under 6	Club	€170/€100
	3:00pm - 4:30pm	Under 8, 9, 10	Club	€240/€140
	4:30pm - 6:00pm	Under 12, 14, 16, 18	Club	€240/€140
<b>Tuesday</b>	3:00 – 4:30pm	Under 8, 9, 10, 11	Tournament	€240/€140
	4:00 – 6:00pm	Under 12, 13, 14, 16	Tournament	€270/€170
<b>Wednesday</b>	2:00pm - 3:00pm	Under 6	Club	€170/€100
	3:00pm - 4:30pm	Under 8, 9, 10	Club	€240/€140
	4:30pm - 6:00pm	Under 12, 14, 16, 18	Club	€240/€140
<b>Thursday</b>	3:00 – 4:30pm	Under 8, 9, 10, 11	Tournament	€240/€140
	4:00 – 6:00pm	Under 12, 13, 14, 16	Tournament	€270/€170
<b>Friday</b>	3:00 – 4:30pm	Tennis 10's Matchplay		Included
	4:00 – 6:00pm	Yellow Ball Hitting/Matchplay		

### Club Programme will include:

- **U6:** Movement, Co-ordination and Hitting (coach feeding)  
→ Red Ball
- **U8, U9, and U10:** Movement/Co-ordination, Feeding/Drills, Points/Fun Games  
→ Red, Orange, Green Ball
- **U12, U14, U16, and U18:** Movement/Co-ordination, Feeding/Drills, Points/Fun Games  
→ Yellow Ball

### Tournament Programme will include

- **U8, U9, U10 and U11:** Movement/Co-ordination, Feeding/Drills, Points/Fun Games  
→ Red, Orange, Green, Yellow Ball
- **U12, U13, U14, and U16:** Feeding/Drills/Serving, Points, Fitness Circuit  
→ Yellow Ball

# BOOKING FORM - SQUADS 2017/18

TERM:                    1                     2                     3

*Terms 2 and 3 may be provisionally booked here - please tick as appropriate*

SURNAME: \_\_\_\_\_

CHILD 1: \_\_\_\_\_ DOB: \_\_\_\_\_

DAY, TIME OF SQUAD: \_\_\_\_\_

CHILD 2: \_\_\_\_\_ DOB: \_\_\_\_\_

DAY, TIME OF SQUAD: \_\_\_\_\_

CHILD 3: \_\_\_\_\_ DOB: \_\_\_\_\_

DAY, TIME OF SQUAD: \_\_\_\_\_

*(Any additional children's details should be written on the back of this sheet)*

ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_

\_\_\_\_\_ MOBILE: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

for text messaging

EMERGENCY CONTACT NAME AND NUMBER: \_\_\_\_\_

I hereby give permission for photographs and video recordings to be taken of the child/children listed on this sheet, for tennis coaching purposes. These images may not be used for any other purposes without my specific consent.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
          Parent/Guardian

Amount Enclosed:

 Cash Cheque Card

**All queries regarding the coaching programme to  
Marie Duffy, Junior Co-ordinator 086 8158448**