

## **New 2009/10 Coaching Sessions**

The new season starts on Sunday 6th September. Our regular Sunday & Wednesday sessions will continue but we are introducing a number of high quality regular coaching sessions which will give all ages and standards the opportunity to boost their game. There will still be the opportunity on Sundays for those who just want to practice and/or play matches & if demand is high a further weekly session will be considered.

Wednesdays from 5.30 to 7 will consist only of two high quality coaching sessions for inexperienced & experienced players respectively.

On Sunday there will be two similar sessions - the inexperienced from 4 to 5.30 with 45 minutes "ranking ladder" afterwards, experienced 5.30 to 7 followed by 2 hours competitive play. Those not wishing to be coached will be accommodated - inexperienced from 4 to 6.15, experienced from 6.15 to 9 (cost £2.50 per session).

All coaching sessions will be bookable in advance & run in 10 week blocks. The maximum number per group will be 10 - only by block booking will you guarantee a place but until the group is full, one-off attendance will be possible. Early booking is strongly recommended as these sessions are bound to be popular.

We have a very experienced, quality team of coaches to ensure the highest standards. Marketa Myskova, has considerable international playing & coaching experience, is currently the fourth ranked lady in England & is an ETTA Level 3 qualified coach. She will be running the Wednesday session for experienced players.

Helen Lambert also has considerable international playing experience representing England, is highly motivated, & will run the two sessions for inexperienced players.

Sally Smith is a highly qualified coach & former schools international. Not yet 21 but last season she regularly coached England's best young players at the National Centre in Sheffield & the national junior girls in Barcelona.

Harry Cutler is also highly qualified & one of the very best young coaches around. Very strong technically, he brilliantly recalls & communicates information to young players.