

# ADVANTAGE TENNIS ACADEMY



Penfold's Photography



HENRY ADAMS

## 2009 COACHING PROGRAMME

A comprehensive guide to all our coaching, competitive and social tennis at the Avenue Lawn Tennis & Squash Club for the 2009 season. The Academy is run by Roger & Tracy Manvell and are well supported by five other LTA qualified coaches. As with all LTA coaches, we are checked by the criminal records bureau and carry a valid first aid certificate. The club has recently been awarded LTA satellite performance accreditation and is in the process of acquiring the new LTA clubmark award, which will help keep the Avenue at the top of tennis in Hampshire. These awards would not happen without the support and hard work of our staff, players, volunteers and sponsors, Henry Adams Estate Agents and Penfold Photography. We thank you.

### 2009 Course Dates:

#### SPRING TERM

week beginning: Mon 5th January to Mon 30th March  
(12 weeks) excluding week beginning 16th February.

#### SUMMER TERM

week beginning: Mon 20th April to Mon 13th July  
(12 weeks) excluding week beginning Mon 25th May.

#### AUTUMN TERM

week beginning: Mon 7th September to Mon 14th December  
(14 weeks) excluding week beginning 26th October.

## PAY & PLAY SESSIONS

### JUNIORS

#### SATURDAY CLUB

Every Saturday during school term and holidays starting Saturday 3rd January 2009.

9.00 - 10.00am

MINI TENNIS RED/ORANGE - Beginners 7-9 yrs.

10.00 - 11.00am

MINI TENNIS GREEN - Experienced under 12's.

11.00 - 12 Noon

IMPROVERS - Experienced over 12's

12.00 - 1.00pm

BIG HITTERS! - Advanced Juniors

CLUB MEMBERS £4.00

NON-MEMBERS £5.00 PER SESSION

### ADULTS

#### DAYTIME TENNIS

Come and play tennis for 1 1/2 hours followed by a drink (hot or cold depending on the weather!) - starting week beginning Monday 7th January 2009. School term time only.

#### BEGINNERS:

MONDAYS: 9.00 - 10.30am

#### IMPROVERS:

MONDAYS: 10.30 - 12.00pm Men's drills

TUESDAYS: 10.00 - 11.30am

THURSDAYS: 10.00 - 11.30am Mixed doubles

FRIDAYS: 12.00 - 1.30pm

CLUB MEMBERS £6.50

NON-MEMBERS £7.50

## ADULT STRUCTURED COURSES

### Adult Groups Coaching

Tennis is not just for the kids! Whether learning for the first time or improving your tennis skills its easy to develop your potential during these fun and informative sessions. All classes provide a progressive programme of structured tennis to improve all aspects of the game. Club membership is encouraged to maximise potential. Guests are welcome but will include a non-members fee.

#### **Beginners (Spring, Summer & Autumn Term):**

SATURDAYS: 11.00am - 12.00pm

Spring Term: Members £60.00 per term. Non Members £72.00

Summer Term: Members £60.00 per term. Non Members £72.00

Autumn Term: Members £70.00 per term. Non Members £84.00

#### **Improvers (Spring, Summer & Autumn Term):**

MONDAYS & FRIDAYS: 8.00pm - 9.30pm

SATURDAYS: 3.30pm - 5.00pm

Spring Term: Members £78.00 per term. Non Members £90.00

Summer Term: Members £78.00 per term. Non Members £90.00

Autumn Term: Members £91.00 per term. Non Members £105.00

#### **Advanced (Spring, Summer & Autumn Term):**

TUESDAYS: 8.00pm - 9.30pm

Spring Term: Members £78.00 per term. Non Members £90.00

Summer Term: Members £78.00 per term. Non Members £90.00

Autumn Term: Members £91.00 per term. Non Members £105.00

### Adult One Day Classes

Try a four hour clinic day with video analysis, doubles tactics match play evaluation. Dates to be advised - watch the noticeboards.

### Team Practice Sessions

We currently work with two mens team and one ladies teams to focus on all aspects of doubles matchplay including good doubles teamwork, when to attack/defend, percentage decision making and performance evaluation. These sessions prove to be enjoyable and instructive.

NB Some non-member fees for adult courses can be refunded upon joining the club. See club office for details.

# JUNIOR STRUCTURED COURSES

## JUNIOR DEVELOPMENT GROUPS

All classes are well planned to provide a progressive programme of structured tennis based on proven biomechanical principles. Squad members are encouraged to join the club to experience a wide range of tennis opportunities. Mini Tennis membership available now!

### MUNCHKIN TENNIS

An introduction to mini tennis for our under fives who have little or no tennis experience. Sessions are based on improving movement, balance and coordination.

SUNDAYS: 9.20pm - 10.00pm

### MINI TENNIS RED

For children aged 5 and over who wish to start learning tennis. Sessions will cover basic co-ordination, racket & ball skills and various fun games - the emphasis very much on FUN!

TUESDAYS: 4.00pm - 5.00pm

THURSDAYS: 3.50pm - 4.30pm (RED)

4.30pm - 5.30pm (ADVANCED RED)

FRIDAYS: 4.00pm - 5.00pm

SUNDAYS: 10.00am - 11.00am

#### *Mini Tennis Red Fees:*

Spring Term: Members £60.00 per term. Non Members £72.00

Summer Term: Members £60.00 per term. Non Members £72.00

Autumn Term: Members £70.00 per term. Non Members £84.00

### MINI TENNIS ORANGE

For players progressing from Mini Tennis Red who have developed their skills sufficiently to move onto a modified sized court with low compression balls. Equipment, court size and rules are adapted to cater for the ability of the players. Sessions will cover co-ordination and movement exercises, basic rules, technique and tactics of the game.

TUESDAYS: 4.00pm - 5.00pm

FRIDAYS: 4.00pm - 5.00pm

SUNDAY: 11.00am - 12.00pm

#### *Mini Tennis Orange Fees:*

Spring Term: Members £60.00 per term. Non Members £72.00

Summer Term: Members £60.00 per term. Non Members £72.00

Autumn Term: Members £70.00 per term. Non Members £84.00

### MINI TENNIS GREEN

Sessions will focus on developing technique on all strokes and will explore tactical situations incorporating a games based approach to enhance new skills and extend learning. Co-ordination and movement exercises, basic rules, tactics and skills of the game will also be taught. The use of the Wilson Easy Play ball will be incorporated into these sessions.

MONDAYS: 5.00 - 6.30pm

THURSDAYS: 5.00 - 6.30pm

#### *Mini Tennis Green Fees:*

Spring Term: Members £78.00 per term. Non Members £90.00

Summer Term: Members £78.00 per term. Non Members £90.00

Autumn Term: Members £91.00 per term. Non Members £105.00

## JUNIOR TRAINING SQUADS

Training with emphasis placed upon competitive match play + tactics. Squad places are by invitation only. Please ask Roger if you would like to be considered.

Boys Squad A	Fridays	6.30 - 8.00pm
Boys Squad B	Tuesdays	6.30 - 8.00pm
Girls Squad A	Sundays	3.30 - 5.00pm
Girls Squad B	Sundays	9.30 - 11.00am
Mixed Squad C	Tuesdays	5.00 - 6.30pm
Mixed Squad D	Sundays	12.00 - 1.30pm
Mixed Squad E	Mondays	6.30 - 8.00pm
Mixed Squad E	Wednesdays	6.30 - 8.00pm

#### *Squad Fees:*

Spring Term: Members £78.00 per term. Non Members £90.00

Summer Term: Members £78.00 per term. Non Members £90.00

Autumn Term: Members £91.00 per term. Non Members £105.00

## JUNIOR PERFORMANCE GROUPS

Open to any junior with the required motivation and talent, the performance Programme is designed to meet the needs of Tournament players.

The weekly schedule is tailor-made to suit the requirements of the individual and will include 2 squad sessions, half hour individual lessons (when required), fitness sessions and continual assessment through matchplay analysis. One day Masterclasses are also organised throughout the year. See noticeboard for further information.

In addition to the on-court activities, we are keen to introduce food and nutrition, emotional control and tactical awareness to provide a well balanced player.

We hope this 'fast-track' approach to training our more enthusiastic and talented juniors will help produce players with all the necessary requirements to succeed at Tournament level.

For more information, call into the pro shop or speak to one of the pros.

# CHILDREN'S PARTIES

### Club Events

The Avenue junior section this year will organise two events for all children (and parents) taking part in the programme. A summer presentation with BBQ and a winter presentation with Christmas party will be arranged. Details will be available nearer the time and will be displayed on the junior notice board.

### Private Parties

Why not arrange your own party to celebrate a birthday? Choose from our range of packages to ensure your child has a birthday to remember.

#### *1. Mini Tennis or full court tennis.*

£7.00 per person to include coaching, games for 60 minutes includes prizes and guest fees. Minimum number: 6 children.

#### *2. Superstars.*

Fun Tournament - to include sports such as tennis, short tennis, squash, racketball and table tennis. £10.00 per person for 90 minutes includes prizes, guest fees and court lights. Minimum number: 6 children.

Equipment: Club bye-laws apply regarding equipment and clothing. Contact Roger or Tracy to arrange event.

The club facilities including kitchen and party room are available for separate hire arranged through club secretary who can be contacted on 023 92 482750.



## EASTER & SUMMER HOLIDAYS JUNIOR TENNIS CAMPS

### JUNIOR TENNIS CAMPS

Due to the popularity of our tennis camps, this year we would like to extend the times and expand the venues to give more flexibility to both the players and parents.

For our full colour junior tennis camp brochure and booking form please contact our office. Here are the junior tennis camp dates for the Avenue Lawn Tennis Club.

WEEK 1 Easter Holidays Monday 6th April – Friday 10th April  
 WEEK 2 Easter Holidays Monday 13th April – Friday 17th April  
 WEEK 3 Summer Holidays Monday 27th July – Friday 31st July  
 WEEK 4 Summer Holidays Monday 3rd Aug – Friday 7th Aug  
 WEEK 5 Summer Holidays Monday 17th Aug – Friday 21st Aug  
 WEEK 6 Summer Holidays Monday 24th Aug – Friday 28th Aug

Tennis camps are open to members and guests of the club and cater for children from 5-15 years.

## CHARITY EVENTS

**Bank Holiday Monday 25th May**

**Damian Timms Tennis Tournament**

Team tennis event in aid of cancer charities

**Friday 31st October**

**Junior Fundraising Event** in aid of Children in Need



The Avenue Club Pro-shop is run by tennis & squash professionals who can give you complete advice on rackets, re-stringing, footwear and clothing.

Our tennis and squash rackets are available as demonstration models and with the help and advice of our

qualified staff, they will be able to assist you in selecting a racket most suited to your requirements. Both junior and adult beginners may borrow a racket whilst confirming their interest in the sport.

We are pleased to announce Allset are now matching the prices of all UK internet sites, so please pick up a racket price list from the Pro Shop. With over 50 rackets in our range we are confident there is a racket for you.

## HALF TERM JUNIOR EVENTS

Every half term competitive and fun events are organised for children from ages 10 and under to 16 and under.

**Penfold Photography** are once again sponsoring these events.

### LTA GRADE 6 TOURNAMENT

Organised by our team of coaches, this event provides a great opportunity to develop match play skills under tournament conditions. No rating is required although results can count towards improving players ratings. Entries are restricted and by entry form only.

### DAVIS CUP

We finish the week with a very popular event - The Davis Cup. This team competition involves all juniors who participated during the week and provides an opportunity for challenging tennis in a fun atmosphere.

### TIMETABLE

Mondays 10 and under using mini green ball  
 Tuesdays 12 and under  
 Wednesdays 14 and under  
 Thursdays 16 and under  
 Fridays Finals and Davis Cup

For further information, see events notice board or pick up a entry form from the pro shop.

## PRIVATE LESSONS

We have a total of eight coaches available seven days a week at a time to suit your diary. **All of our coaches, as well as being qualified, are CRB checked, trained in First Aid and licensed.** Give us a call to arrange:

		one hour	half hour	qualification	experience
<b>LEVEL 3</b>	Roger Manvell	<b>£25.00</b>	<b>£13.00</b>	CCA	26 yrs
<b>LEVEL 2</b>	Tracy Manvell	<b>£21.00</b>	<b>£11.00</b>	DCA	12 yrs
	Stuart Anderson	<b>£21.00</b>	<b>£11.00</b>	DCA	10 yrs
	Sue Brightman	<b>£21.00</b>	<b>£11.00</b>	PTR/DCA	21 yrs
<b>LEVEL 2</b>	James Bone	<b>£18.00</b>	<b>£10.00</b>	DCA	5 yrs
	Ed Percival	<b>£18.00</b>	<b>£10.00</b>	PTR/DCA	7 yrs

*Additional charges:* Guest fees **£2.00** adult & **£1.00** junior  
 Floodlights **£4.00** per hour where necessary

## COMPETITIVE PROGRAMME

For those players wishing to find more competitive opportunities at the club we have many different events which are both challenging and fun.

### ADULTS

#### Club Matches

There are club fixtures arranged for Mens, Ladies & Veterans teams playing in the Hampshire & I.O.W. and Portsmouth District leagues for both summer and winter play.

#### Tournaments

The club stages two closed and one open tournament annually. Events include singles, doubles or mixed doubles and caters for level, handicap and veterans.

#### Social Tournaments

Team Tennis Tournaments and supper tournaments will be held throughout the year on bank holidays and Saturday evenings respectively.

### JUNIORS

#### Club Matches

We currently enter 3 leagues each year. Junior National League matches run during the Spring. Summer and Autumn Leagues are organised by the county LTA. Many friendly matches are arranged, both singles and doubles format, to encourage participation by players with little or no match experience.

#### Leagues/Ladders/Mini Round Robin

Junior leagues, ladders and round robin events are run throughout the year and encourage competitive matchplay at every level.

#### Tournaments

The club organises one Open Tournament and one Closed 'Road to Wimbledon' Tournament each year based on ratings and age groups respectively.

This year we are pleased to announce **Henry Adams Estate Agents** are once again

sponsoring a series of junior events. These junior "Grand Slam" events are designed for all ages and abilities and take place on the following weekends with prizes for all 6 group winners!

Aussie Open: 18 & 19 April 2009

French Open: 30 & 31 May 2009

Wimbledon: 25 & 26 July 2009

U S Open: 5 & 6 Sept 2009

See Academy calendar for all tournament dates and details. Further information on local events from Pro Shop.

#### Super 12 & Mini Super 12 Tournaments

This monthly tournament is aimed at our older and more able juniors. Typically held on the last two Sundays in each month, points are awarded monthly to players for achieving wins and attendance culminating in fantastic prizes awarded at the year end. It's also loads of fun.

## AVENUE TIMETABLE

DAY	TIME	GROUP	COST (Paid termly unless stated)
Monday	9.00 - 10.30am	Ladies	£6.00 members; £7.00 non members
Monday	10.30 - 12.00pm	Mens Drills	£6.00 members; £7.00 non members
Monday	5.00 - 6.30pm	Mini Green	
Monday	6.30 - 8.00pm	Squad E	
Monday	8.00 - 9.30pm	Adult Improvers	
Tuesday	10.00 - 11.30am	Ladies	£6.00 members; £7.00 non members
Tuesday	4.00 - 5.00pm	Mini Orange	
Tuesday	5.00 - 6.30pm	Squad C	
Tuesday	6.30 - 8.00pm	Squad B	
Tuesday	8.00 - 9.30pm	Adult Advanced	
Wednesday	5.00 - 6.00pm	Red & Beginner Orange Matchplay	£3.00 per hour From Easter to Summer hols
Wednesday	5.00 - 6.30pm	Advanced Orange & Green Matchplay	£4.00 per hour
Wednesday	5.30 - 6.30pm	Performance Fitness Training	
Wednesday	6.30 - 8.00pm	Squad E	
Thursday	3.50 - 4.30pm	Red	£6.00 members; £7.00 non members
Thursday	4.30 - 5.30pm	Advanced Red	
Thursday	5.00 - 6.30pm	Mini Green	
Thursday	6.30 - 8.00pm	Performance x 3 classes	
Thursday	8.00 - 9.30pm	Mens Team Training	
Friday	12.00 - 1.30pm	Ladies	£6.00 members; £7.00 non members
Friday	4.00 - 5.00pm	Mini Red	
Friday	4.00 - 5.00pm	Mini Orange	
Friday	5.00 - 6.30pm	Performance x 3 classes	
Friday	6.30 - 8.00pm	Squad A	
Friday	8.00 - 9.30pm	Adult Improvers	
Saturday	8.30 - 10.00am	Performance	
Saturday	9.00 - 10.00am	Pay and Play minis	£4.00 members; £4.50 non members
Saturday	10.00 - 11.00am	Pay and Play	£4.00 members; £4.50 non members
Saturday	11.00 - 12.00pm	Pay and Play	£4.00 members; £4.50 non members
Saturday	12.00 - 1.00pm	Pay and Play	£4.00 members; £4.50 non members
Saturday	11.00 - 12.00pm	Adult Beginners	
Saturday	3.30 - 5.00pm	Adult Beginner/Improvers	
Sunday	9.20 - 10.00am	Mini Red (Munchkins)	
Sunday	9.30 - 11.00am	Girls B	
Sunday	10.00 - 11.00am	Mini Red	
Sunday	11.00 - 12.00pm	Mini Orange	
Sunday	12.00 - 1.30pm	Squad D	
Sunday	3.30 - 5.00pm	Girls A	

## AVENUE CLUB MEMBERSHIP

The Avenue Tennis & Squash club offers a variety of memberships to suit individual needs, from Mini Membership (for our under 10s) to full combined membership (to include all categories). There is something for everyone.

Contact the club office on **023 9248 2750** or come along to our **Open Day** on **Sunday 26th April 2009**.

**The Avenue LT & SC, Southleigh Road, Havant, Hampshire PO9 2RS Office tel: 023 9248 2750**

## LTA MEMBERSHIP & RATINGS

If you are an Avenue club member, LTA British Tennis Membership is **FREE!** People who sign up will get access to a Wimbledon Club ballot, player ratings, regular communications from the LTA and opportunities to add on packages (including ACE Magazine, Grand Slam Tours and Wimbledon extras packages). Sign up by visiting [www.lta.org.uk/britishtennismembership/](http://www.lta.org.uk/britishtennismembership/)

An LTA rating is essential for those players (adult and junior) wishing to compete in external competitions.

## ACADEMY CONTACT DETAILS AND BOOKINGS

Office Tel: 01329 668515 • Pro Shop Tel: 023 9247 7922

Email: [rogermanvell@allset.wanadoo.co.uk](mailto:rogermanvell@allset.wanadoo.co.uk) • [www.advantagetennisacademy.co.uk](http://www.advantagetennisacademy.co.uk)

Booking forms can be downloaded from our website or are available from the Pro-shop.