



"Providing quality coaching for all"

# Open Day at Heath Park

King George V Drive, CF14 4EP

## **Tennis for all the family!!**



**Sunday 21<sup>th</sup> March**  
**Starts at 10am- 1:30pm**

- 10am-11:15pm. sessions for under 11 year olds
- 11-12:15pm. sessions for 11-16 year olds
- 12-1:30pm sessions for adults



Mini [5-10yrs]	10-10:15	Registration
Mini [5-10yrs]	10:15-11:15	Fun games
Junior [11-16yrs]	11:00-11:15	Registration
Junior [11-16yrs]	11:15-12:15	Fun games
Adults	12:00-12:15	Registration
Adults	12:15-1:30	Social tennis, advice, meet the team.

**Fun games for the children**  
**Bring your friends along for a game,**  
**Racquets and balls will be provided.**  
**Prize draw to win a brand new Yonex Racquet!!**  
**Meet the coaching team and find out about**

- coaching
- competitions
- how to join the club



**For more information contact**  
**Head Coach Sena Tengey on 07855495025**  
**Or visit our website**  
[www.diamondtennisacademy.co.uk](http://www.diamondtennisacademy.co.uk)

## **What can you expect from our tennis sessions?**

- **Sessions will be active, safe, fun and educational.**
- **We help our players to develop all aspects of their game, technically, tactically, physically and mentally.**
- **We will use slower red, orange and green balls where appropriate and smaller rackets for younger children.**
- **We will use modified court areas to develop quality technique and tactics.**
- **We will offer exit routes for each player. Special squads are available for juniors who show aptitude, commitment and a willingness to play and compete regularly.**
- **We will regularly monitor the players development and offer advice on future classes.**
- **We promote regular and varied competition for all junior players regardless of ability. We aim to increase the number of regularly competing juniors in all our programmes.**

### **Open day details**

#### Mini sessions [5 – 10 yrs]

The session will be fun based. We will provide some basic coaching skills, games and a taste of some competition. If parents would like their child to have a quick assessment we can recommend which group players should join in with. If you are unsure which session to book in for then please speak to one of the coaches.

#### Junior sessions [11-16 yrs]

The sessions will be fun based. We will make sure players know the rules of tennis and give them a chance to play some team based games. We will do some basic coaching work and can give players advice on which sessions to book in for.

#### Adult sessions

These will be a social session. Players will be able to meet the coaches, other club members and play some social tennis. Players will be given information about membership benefits and information on what the club can offer. We recommend that you book in for an assessment; this will mean that it will be easier to find players of a similar level to play against. This will be free of charge and will take about 20 minutes. As spaces are limited then please book in advance to avoid disappointment.