

Individual & Group Coaching Fees

Head Coach Bob Clark – £28.00 per hour

Assistant Coach Karen Goldfinch - £22.00 per hour

Private Group Rates by Negotiation. Subject to availability.



Assistant coach – Karen Goldfinch

I am delighted to be working alongside Bob and helping to provide this exciting tennis programme for all our members.

I have been involved at Wickwoods for thirty years: as a member, tennis player, team player and coach. I have represented Wickwoods in the Ladies Sussex League for 15 years and played Division 1 Club Tennis. My LTA licence is kept up-to-date and this means I can offer the very best tuition and knowledge of the game.

I love to teach and enjoy helping players of all levels to learn and improve their skills of the game, so they can gain confidence, make progress and maximise their ability.

T: 01444 450357 or 07719 590610
karengoldfinch@btinternet.com

Tel: 01273 857567

reception@wickwoods.co.uk

www.wickwoods.co.uk

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Tennis

at Wickwoods

Spring
2011



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Head coach – Bob Clark

I am delighted to have been appointed Head Coach here at Wickwoods. The club is a wonderful environment in which to learn, play and enjoy tennis. My aim is to provide an exciting and dynamic programme suited to all ages and levels, from beginners through to advanced players.

The programme will include a mixture of innovative tournaments and social group play sessions based on my 30 years working for some of the best tennis academies and systems around the world.

Having taught players at all levels, from ATP and WTA Tour level through to adult beginners and mini-tennis juniors, I bring a wealth of experience and enthusiasm. I am a regular player who is passionate about all aspects of tennis and especially the opportunities afforded by this wonderful club.

The level of coaching and activities for all Wickwoods' members and guests, regardless of age or ability, will be of the highest quality.

Karen and I look forward to seeing you on the courts and around the club.

T: 07824 437 492 or bobclark.tennis@yahoo.co.uk

Wickwoods

COUNTRY CLUB, HOTEL & SPA

Tennis Programme

Day / Time	Session	Description	Cost
Monday 9.30 – 11.00am	Mixed social Club coaching	Working with players who have played before, developing stroke play and tactical awareness.	£7.50
Monday 11.00 – 12.30pm	Mixed social Club coaching	Working with improvers approaching team standard. High energy session to help players with court awareness.	£7.50
Monday 7.30pm onwards	Ladies' team practice	For players involved in teams. If you would like to play for the teams, please contact Bob or Karen.	FREE
Tuesday 1.00 – 3.00pm	Mixed social All levels	Organised by one of the coaches, this is a great time to practice matchplay. Ideal for beginners and improvers.	FREE
Tuesday 6.30 – 7.30pm	Beginners/improvers Mixed social Club coaching.	If you can't make the daytime groups come down and improve all aspects of your game. Tactical and technical.	£5.00
Wed' 9.30 – 10.30am Fri' 10.30 – 11.30am	Beginners/improvers Mixed social Club coaching	If you would like to start playing, or just need a reminder of the basics this session is for you. Doubles tactics taught from the start. NEW	£5.00
Thursday 1.00 – 3.00pm	Beginners/improvers Mixed Social Group	Organized by one of the coaches, suitable for beginners upwards, all ages, all levels.	FREE
Thursday 7.30pm onwards	Men's team practice	For players involved in teams. If you would like to play for the teams, please contact Bob or Karen.	FREE
Friday 6.30 – 7.30pm	Mixed advanced	A high energy session of drilling, technique and tactics will be taught. Guaranteed to make you sweat!	£5.00
Saturday 09.30 – 10.30am	Junior coaching aged 3 – 7 yrs	Mini LTA Red level, soft sponge ball. Lots of fun! Great for Tiny Tots and under 7's.	£5.00
Saturday 10.30 – 11.30am	Junior coaching aged 7 – 11 yrs	Mini LTA orange & green. Appropriate ball used. Fun!	£5.00
Saturday 11.30 – 12.30pm	Junior coaching	Juniors who are full court, Yellow and Green ball. All aspects of tennis, still with the emphasis on fun!	£5.00
Saturday 1.00 - 2.00pm	Adult beginners Class	Learning the basics of tennis in a relaxed atmosphere. NEW	£5.00
Sunday 10.00 – 1.00pm	Mixed social Doubles mix-in	Come and join in: a hosted club session, open to all abilities. Mostly doubles played.	FREE

PRIVATE INDIVIDUAL OR GROUP COACHING IS AVAILABLE
THROUGHOUT THE WEEK, SUBJECT TO AVAILABILITY,