

Hamptons Sports & Leisure,
Tydemans,
Chelmsford, Essex,
CM2 9FH
hamptonssl.co.uk



Hamptons Sports & Leisure

After School Mini Tennis

Location: Perryfield Infants School

Hi, I'm Piers Nightingale, Head Coach of the Junior Section at Hamptons Sports & Leisure. As a LTA Licensed Coach, LTA Senior Club Coach Level 4 and RPT European Pro, I am running and developing the Hamptons Sports & Leisure junior coaching programme. The first stage of our club programme is the after school tennis club sessions that are running in a number of local primary schools. The Hamptons S&L School Link is an initiative set up to give children the chance to experience the sport. With clear development paths through into the coaching programme that runs at Hamptons S&L

The idea is to start children playing tennis at School indoors with short racquets and soft balls. Within lessons we aid and develop children's racket and ball skills, hand-eye co-ordination, balance, movement and stroke techniques and most of all have lots of FUN.

This course is the first stage of a progressive coaching programme run by Hamptons S&L, which takes children from mini tennis to full court tennis.

This course will run at your School for 11 Sessions on Tuesdays at 15:15. The dates for this term are: April 17th, 24th, May 1st, 8th, 15th, June 5th, 12th, 19th, 26th, July 3rd, 10th. The cost of the course is £38.50, payable in advance, either as a cheque made payable to 'Piers Nightingale', cash or childcare vouchers. Please fill in the booking form and hand in with payment to the School Office.

Your coach for this course will be:

Piers Nightingale, LTA Licensed Coach, LTA Senior Club Coach Level 4 and RPT European Pro Coach

For those who wish to play more tennis, we also run mini and junior coaching sessions mid-week and Saturdays at Hamptons S&L, all progressing to full court tennis, please see the coaching structure and contact me for any further details.

Contact Details:

Piers Nightingale, Junior Head Coach

Tel: 07795 384027,

E-mail: piersnightingale@hotmail.com



Hamptons S&L Coaching



After School Tennis Clubs At various schools



Saturday Junior Groups

Group	Age	Time
Red	4 – 8	09:00 – 10:00
Orange	7 – 9	11:00 – 12:00
Green / Yellow	9 – 11	11:00 – 12:00
Advanced Yellow	10 – 18	12:00 – 13:30

<u>Club Mini Tennis Groups</u>			
Day	Group	Age	Time
Mon – Red		4 – 8	16:00 – 17:00
Mon – Orange/ Green		7 – 10	17:00 – 18:00
Mon – Yellow		10 – 16	18:00 – 19:00
Tues – Yellow Squad		11 – 18	17:00 – 19:00



Individuals
Please contact Head Coach Piers Nightingale for information on individual coaching sessions.

Adult Coaching

Monday	19:00 – 21:00
Saturday	10:00 – 11:30

Holiday Courses

Holiday courses run in school half terms, Easter holidays and a tennis summer camp.

Places are limited so please book early to avoid disappointment.

(Perryfield Infant) School Mini Tennis Booking Form (April 2018)

Child's Name:.....Date of Birth:.....

Class:.....Left/Right Handed.....

Address:.....

Post Code:.....Tel No:.....

E-mail:.....

Medical Conditions:.....

Parents/Guardians Name:.....

Who will pick up your Son/ Daughter at 16:15?.....

Signed:.....Date:.....

Please complete booking form and hand with payment £38.50, cash/ cheque payable to 'Piers Nightingale'.