

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 Hamptons Sports & Leisure junior coaching programme. The first stage of our club programme is the afterschool 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 10 Sessions on Tuesdays at 15:15 starting on January 9<sup>th</sup>. The other dates for your diary are: 16<sup>th</sup>, 23<sup>rd</sup>, February 6<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>. The cost of the course is £35, 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:

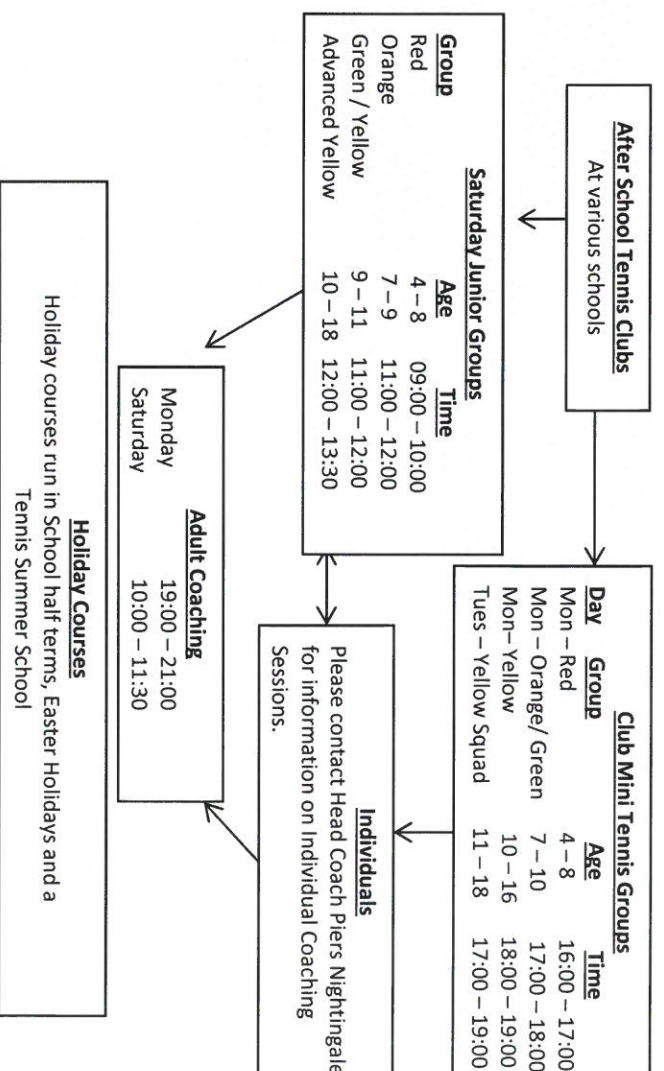
**Piers Nightingale, Junior Head Coach**

**Tel: 07795 384027,**

**E-mail: [piersnightingale@hotmail.com](mailto:piersnightingale@hotmail.com)**



## Hamptons S&L Coaching Structure



**Places are limited so please book early to avoid disappointment.**

**(Perryfield Infant) School Mini Tennis Booking Form (Jan 2018)**

Childs 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 £35, cash/ cheque payable to 'Piers Nightingale'