



CHILDREN'S EASTER TENNIS CAMP

Camp 1:	Monday 29 th , March To Thursday 1 st April 2010	
Camp 2:	Tuesday 6 th To Friday 9 th April 2010	
4 to 9 yrs	10am to 1pm	
10 yrs & over	2pm to 5pm	
Course includes Coaching for all standards, lots of fun, Camp Competitions & Prizes.		
COST	Mbr	€79 Per Child
COST	Non-Mbr	€99

EASTER CAMP REGISTRATION FORM

Name: _____ Age: _____ Camp No.: _____

Phone Number: _____ Email: _____

Are You a Member? YES NO

Address: _____

Amount Enclosed: € _____ Cheque Cash Credit or Laser Card

Maximum 8 per coach, one day a week, pick your day. Minimum of 6 needed to form a group.

TO JOIN ANY OF OUR PROGRAMMES SIMPLY POST OR HAND INTO:

SPORTSCO (Tennis),
South Lotts Road,
Ringsend,
Dublin 4.

Please Make Cheques Payable To SPORTSCO

(Payment can be made by cash, cheque, laser
or credit card or over the phone by credit card
by phoning 01-668 7022 ext 0).

Participants for the courses can sign up in person
at reception or over the phone also, and please note
payment is required at the time of booking.

Contact Jamie on 087-2788985 or email jsta09@gmail.com.



Jamie Stafford
Tennis Academy

Coaching Programmes Spring Season 2010

Dear SPORTSCO Member,

Jamie Stafford here, newly appointed Director of Tennis at SPORTSCO. Please find enclosed our new & exciting coaching programmes for the 2010 spring season.

As an introduction to our new programmes we'd like to invite you to our free "try-it-out day" as follows:

Children 4 to 16 yrs - Saturday 13th March 2010, 10am to 1pm

Adults - Sunday 14th March, 12noon to 3pm

Play tennis, Meet and Play the Coaches, Win Prizes, Play Fun Games.

All programmes commence Monday 15th March 2010.



SPORTSCO TENNIS PROGRAMMES

Beginner Level Course:

- How to hit Forehand
- Backhand, Serve, Volley, Smash
- How to Rally
- Rules of the Game
- Co-ordination
- Ball skills

Intermediate Level Course:

- How to play Spin on all strokes
- Intermediate level match tactics
- Physical exercises related to tennis
- How to play a match

Advanced Level Course:

- Technical Tactical
- Physical & Psychological skills relating to tennis, Singles & Doubles Tactics



Jamie Stafford

- Tennis Director SPORTSCO
- 22 Years Full-time tennis Experience
- PTR Professional Grade Coach
- PTR National Tester - R.O.I.
- NCEF & ITEC Fitness Instructor
- Coaching Ireland Coach Tutor



Jamie Stafford
Tennis Academy





SPORTSCO JUNIOR TENNIS PROGRAMME

Age	Time	Days Available	Cost Member	Cost Non-member	No. of Weeks
3 & 4 yrs	3 to 4pm	Mon to Sat	€99	€129	12
5 to 7 yrs	4 to 5pm	Mon to Sat	€99	€129	12
8 to 10 yrs	5 to 6pm	Mon to Sat	€99	€129	12
11 yrs +	6pm to 7pm	Mon to Sat	€99	€129	12

PROGRAMMES COMMENCE MONDAY 15th MARCH 2010
 ALL COACHES QUALIFIED WITH THE PTR OR TENNIS IRELAND.
 Private lessons available from any of our coaches at €80 per hour.



SPORTSCO ADULT PROGRAMME 2010

Programme Morning	Code	Days Available	Time	Standard	Cost Mbr	Cost Non-mbr	No. Weeks
Adult Morning	MAC10	MON TO SAT	10am to 11am	BEG	€99	€129	12
Adult Morning	MAC10	MON TO SAT	11am to 12pm	INTER	€99	€129	12
Adult Evening	MAC10	MON TO SAT	12pm to 1pm	ADV	€99	€129	12
Adult Evening	EA10	MON, TUES OR WED	7pm to 8pm	BEG	€99	€129	12
Adult Evening	EA10	MON, TUES OR WED	8pm to 9pm	INTER	€99	€129	12
Adult Evening	EA10	MON, TUES OR WED	9pm to 10pm	ADV	€99	€129	12
Drill Session	DS10	FRI OR SUN	7pm to 9pm	ALL	€99	€129	12
Practice Session	PS10	SUN	10am to 12pm	ALL	€99	€129	12

PROGRAMMES COMMENCE MONDAY 15th MARCH 2010 ALL COACHES QUALIFIED WITH THE PTR OR TENNIS IRELAND. Private lessons available from any of our coaches at €80 per hour.



JUNIOR REGISTRATION FORM

Name: _____ Age: _____ Coaching Day: _____
 Phone Number: _____ Email: _____
 Are You a Member? YES NO
 Address: _____
 Amount Enclosed: € _____ Cheque Cash Credit or Laser Card

If you have any questions, please contact tennis director Jamie Stafford on 087 2788985.
 Maximum 8 per coach, one day a week, pick your day. Minimum of 6 needed to form a group.

ADULT REGISTRATION FORM

Name: _____ Prog Code: _____ Coaching Day: _____
 Phone Number: _____ Email: _____
 Are You a Member? YES NO
 Address: _____
 Amount Enclosed: € _____ Cheque Cash Credit or Laser Card

If you have any questions please contact tennis director Jamie Stafford on 087 2788985.
 Maximum 8 per coach, one day a week, pick your day. Minimum of 6 needed to form a group.