

GROUP COACHING PROGRAMME

WARWICK
BOAT CLUB



TENNIS



BE CHALLENGED
HAVE FUN
MAKE FRIENDS

COACHING TEAM



GAVIN HENDERSON TENNIS MANAGER

A CCA Level 4 Coach, Gavin has been Tennis Manager at the Warwick Boat Club since 2006. He works with players of all standards making sure they reach their full potential in an enjoyable and energised way!

Please refer to the club website for details about our individual coaches



BE A BETTER PLAYER

The Boat Club has an exciting Group Coaching Programme aimed at getting more people on court and enjoying a better playing experience, regardless of age or competence.

Making it easier for people to improve their tennis is the idea. By learning new skills you will gain confidence, be a better player, get more satisfaction, and make the game more enjoyable for yourself and playing partners.

Gavin Henderson, tennis manager, and WBC's highly qualified coaching team, run a suite of structured coaching across all ages, in small manageable groups. Feedback from all course participants so far has proven the courses are challenging, friendly, fun and enjoyable learning experience for everyone.

The Coaching Programme involves a commitment in time and money, that pay back richly. Courses are for multiple weeks (typically the



length of a school-term) but cost only £6-£7 per hour. No more than the cost of a soup and a sandwich and a good investment!

Experience elsewhere shows there are benefits to improving your

technique. You stay healthy and happy. You win more games, more people want to play with you, and importantly you make new friends.

Places are limited. So, contact Gavin Henderson on 07787 568642 or email tennis.coaching@warwickboatclub.co.uk for more details. Download the Course Booking Form on the WBC Tennis Coaching website.



THE COACHING PROGRAMME

ADULT PROGRAMME



CARDIO TENNIS

An exercise session that combines tennis & fitness. Use your racquet, and put your body to the test with circuit training on a tennis court. It's social, fun and in the wonderful setting of the Warwick Boat Club, in a group of up to 10 people.

TENNIS XPRESS

An introductory coaching course for Adult Beginners. It has been created to provide an easy pathway to learn the basic skills that will enable you to enjoy everything the game of tennis has to offer. This course will set you up for a lifetime of enjoyable tennis, including getting involved in the Warwick Boat Club's famous "mix-ins".

TENNIS XTEND

People who play tennis regularly know that they most enjoy the game when they have mastered basic technique and tactics. Tennis Xtend is for the Improver player who wants to feel competitive when they play with their friends and in all tennis events. You will improve your technique on all shots, while learning important tactics for doubles and singles.

MORNING COACHING WITH JACKIE & JENNY

Morning Coaching courses offer a blend of technique improvement through intensive drills and tactical improvement through supervised matchplay. Jenny and Jackie mix in with the players to provide excellent hands-on coaching to fine-tune singles and doubles tactics, choices of shot, and technique during live matchplay.



JUNIOR PROGRAMME



JUNIORS (11-12 YEAR OLDS)

Players use the whole court and regular “yellow” tennis balls. More advanced technique, tactics and matchplay, to help players enjoy social or competitive tennis depending on the level they want to reach.

TEEN TENNIS (U14, U16, U18)

Teen Tennis courses offer continued structured coaching for teenagers. In the Development stream, players focus on mastering core technique and matchplay. In the Training and Performance streams, players are challenged to prepare for competitive play at club, school and county levels.

TOTS TENNIS (3-5 YEAR OLDS)

Development of basic ball skills, coordination and movement in a fun environment where the children can learn by discovery.

MINI TENNIS GREEN (10 YEAR OLDS)

Continued development of technique and tactics using more power and spin. A slightly slower green ball is used, on a court that is in between orange and regular sizes.

MINI TENNIS RED (8 YEARS AND UNDER)

Development of simple tactics and technique on a smaller court. Focus is on movement, coordination, fun and competitions.

MINI TENNIS ORANGE (9 YEAR OLDS)

Played on an 18m x 6.5m court with a slower orange ball. More advanced tactics and techniques are developed.



THE COACH'S PERSPECTIVE



The experienced Coaching team at Warwick Boat Club enjoy working with players of all levels and ages.

"We emphasise the point that each person should try to be the best they can be and get the maximum activity they can during their coaching sessions", states Gavin Henderson, Tennis Manager. "We want to see each person improving in some way, no matter how small.

Our coaching team has a broad range of experience to help every standard of player get better, and the improvements people make really show up when they play in our famous "Mix-ins" and our wide range of league teams and competitive events."

Jackie Robinson has coached at Warwick Boat Club for many years and represented Great Britain in

international competition. "We aim for the sessions to be informative, enjoyable, and hope that players make new friends and organise tennis between themselves outside of the coaching sessions. We have a number of players who continue to meet up to play together at the regular coaching time during the "off-weeks" and have become good friends."



Jackie Robinson



THE COACHING PROGRAMME

JUNIOR PROGRAMME

A Junior Tennis Academy has been launched at The Boat Club. The Academy builds on the interest created by our very own resident professional player, Marcus Willis, who thrilled the nation in 2016 in his match at Wimbledon against Roger Federer, and again in 2017 with a scintillating victory over defending Doubles Champions Herbert & Mahur from France.

The Boat Club's outstanding junior Harry Lazell (front cover), who plays for Great Britain, is the Ambassador for the Coaching Academy. Harry started his coaching at the club at the age of four.

The Academy has an exciting approach to coaching. The courses are for small, age related groups. They are designed to help players improve their game, enjoy a better playing experience, and have fun.



ADULT PROGRAMME

For Adults, there are a range of courses during the day and in the evenings, for all standards.

Each course has a learning plan that helps participants identify clear learning goals and identify their progress. Coaches ensure that each player combines a good workout, with social and fun tennis, while learning new skills and shots.





TO BOOK A PLACE ON A COURSE:

Complete a booking form www.warwickboatclub.co.uk/tennis-coaching and email to tennis.coaching@warwickboatclub.co.uk or return the form, with payment, to the WBC Office

FOR MORE INFORMATION ABOUT THE PROGRAMME:

www.warwickboatclub.co.uk/tennis-coaching

FOR MORE INFORMATION ABOUT THE BENEFITS OF CLUB MEMBERSHIP AND BECOMING A MEMBER:

www.warwickboatclub.co.uk/join



Designed by parallel creative www.parallel-creative.co.uk

Additional photography by Jim Callaghan www.jamescallaghan.co.uk