

# ADULT SUMMER COACHING WEEKS

**Week 1: Monday 10<sup>th</sup> August – Friday 14<sup>th</sup> August**  
**Week 2: Monday 17<sup>th</sup> August – Friday 21<sup>st</sup> August**

All standards of player are welcome to come along either for the week or for as many days as you want. Each day will include **technical and tactical** coaching based around the shots listed below and will involve singles and doubles. Players will be in groups of a similar standard during the week and these groups will then also be used for the tournament on Friday. For more information or if you have any questions please call Chris on 07751 469765 or e-mail [chris@boatclubtennisacademy.com](mailto:chris@boatclubtennisacademy.com) or go to the website – [www.boatclubtennisacademy.com](http://www.boatclubtennisacademy.com)

<b>MONDAY:</b>	Forehand	6.30 – 8.00pm
<b>TUESDAY:</b>	Backhand	6.30 – 8.00pm
<b>WEDNESDAY:</b>	Serve & Return	6.30 – 8.00pm
<b>THURSDAY:</b>	Volley & Doubles Tactics	6.30 – 8.00pm
<b>FRIDAY:</b>	Social Tournament	6.30 – 9.00pm

## Cost - If booked in advance

### Monday – Thursday

£8 per day – members  
 £12 per day – non-members

### Friday

Free if you have been to at least 1 of the other days – otherwise £8

### Full Week (Must be Mon – Fri of the same week)

£27 for members      £43 for non-members

**NOTE:** If you do not book and pay in advance you can turn up on the night however numbers will be limited and there can be no guarantee that there will be spaces available. If you are paying on the night there will be an extra charge of £2 per night.



Name: \_\_\_\_\_ Mobile: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Level of play: Club Team player in division: \_\_\_\_\_ or Beginner Intermediate Advanced

Are you a member of the boat club? (please circle) YES NO

I will be attending on the following day(s): (please circle) **W1:** MON TUE WED THUR FRI  
 (Week 1 10<sup>th</sup> Aug – 14<sup>th</sup> Aug)  
**W2:** MON TUE WED THUR FRI  
 (Week 2 17<sup>th</sup> Aug – 21<sup>st</sup> Aug)

Members: Number of days (ex Friday) \_\_\_\_\_ x £8 = £\_\_\_\_\_ OR Full week - £27

OR  
 Non-members: Number of days (ex Friday) \_\_\_\_\_ x £12 = £\_\_\_\_\_ OR Full week - £43

I have enclosed cash or a cheque (payable to Belfast Boat Club) for: £ \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please return completed forms to: Chris Sanlon, Belfast Boat Club, 12 Lockview Road, Belfast, BT9 5FJ