

Fergus Murphy



MULLINGAR TENNIS CLUB

Set4Tennis Coaching Program in Mullingar Tennis Club:

Coaching is available from age 4 upwards and I have developed a progression system where players can be placed in groups based on ability.

Why? This maximizes the child's opportunity to progress at a pace best suited to them. Also helps our coaches stated aim of allowing all our player's to reach their tennis potential whatever that may be.

Our coaching program is broken into 3 terms which follow the school year 2014/2015. There is opportunities' to join groups which meet for 1 hour a week or can do twice weekly sessions.

Also there is a squad training group which meet on a Tuesday and Thursday for 1.5 hour sessions.

QUICK GUIDE TO STAGES IN PROGRAM:

Tiny Tots Tennis Stage 1	For children aged 4 to 5 years, introduction to tennis with racket and ball, focusing on key hand eye co-ordination development.
Red Tennis Stage 3	For children aged 5 to 6 beginner or just leaving Tiny Tots Tennis – Red ball 75% slower on smaller courts with mini nets
Red Tennis Stage 2	For children aged 6 to 7 beginner to intermediate
Red Tennis Stage 1	For children aged 7 to 8 intermediate getting ready to move into Orange tennis – Red Stage based on Tennis Ireland Skills Awards
Orange Tennis Stage 3	7 to 9 year olds – moving from Red stage 1 – Ball 50% slower Smaller courts over normal net.
Orange Tennis Stage 2	7 to 9 year olds – Already at orange stage working on fundamentals
Orange Tennis Stage 1	7 to 9 year olds – getting ready to move up to the Green Stage
Green Tennis Stage 2	9 to 11 year olds – just moved from Orange Stage 1 moving into full court using ball 25% slower than a standard ball
Green Tennis Stage 1	9 to 11 year olds – concentrating on Green fundamentals and working on reaching the Yellow Stage
Yellow Tennis Stage 2	Ages 11 + just finished in the Green stage, full court with standard ball
Yellow Tennis Stage 1	Ages 13 + Standard ball – Full court Tennis
Orange Training Squads	Ring Fergus 083 1079982 for information
Green Training Squads	Ring Fergus 083 1079982 for information
Yellow Training Squads	Ring Fergus 083 1079982 for information

Note: There can be an overlap with some of the stages within the coaching program.

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JUNIOR COACHING PROGRAMME 2014/15 OUTLINE:

Term 1 – September to November 2014

Term 2 – November 2014 to March 2015

Term 3 – March to June 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 to 10:45						Tiny Tots Tennis 1
11:00 to 12:00						RED Tennis 3
4 – 5pm	RED Tennis 2		RED Tennis 3		RED Tennis 2	
5 – 6pm	Orange Tennis 3		RED Tennis 1		Orange Tennis 2	
5 – 6pm					RED Tournament	
5 to 6:30	ORANGE Training Squad 1	GREEN Training Squad		GREEN Training Squad	Orange Training Squad 1	
6 – 7pm	Green Tennis 2 & 1		ORANGE Tennis 1		Orange / Green Tournament	
6:30 to 8pm		Yellow Training Squad		Yellow Training Squad		
7 – 8pm	Yellow Tennis 2 & 1		Green Tennis 2 & 1		Yellow Tournament	

Set4Tennis Academy provides a programme which encourages all pupils to develop in a safe, fun and organised environment. Our goal is to provide opportunities for all pupils in our programme to reach their individual maximum potential. (whatever that may be).

The Training Squad programme offers a chance for pupils who want to progress faster with longer training sessions with increased intensity. It is recommended that pupils in these squads complete two sessions per week along with other opportunities to practice their tennis.

This programme may be changed depending on demand etc. for the different stages.

Pricing Structure:

Tiny Tots Tennis:

10 week term 1 session per week

- €65.00

Contact Fergus Murphy (083) 1079982



Email: set4tennis2012@gmail.com

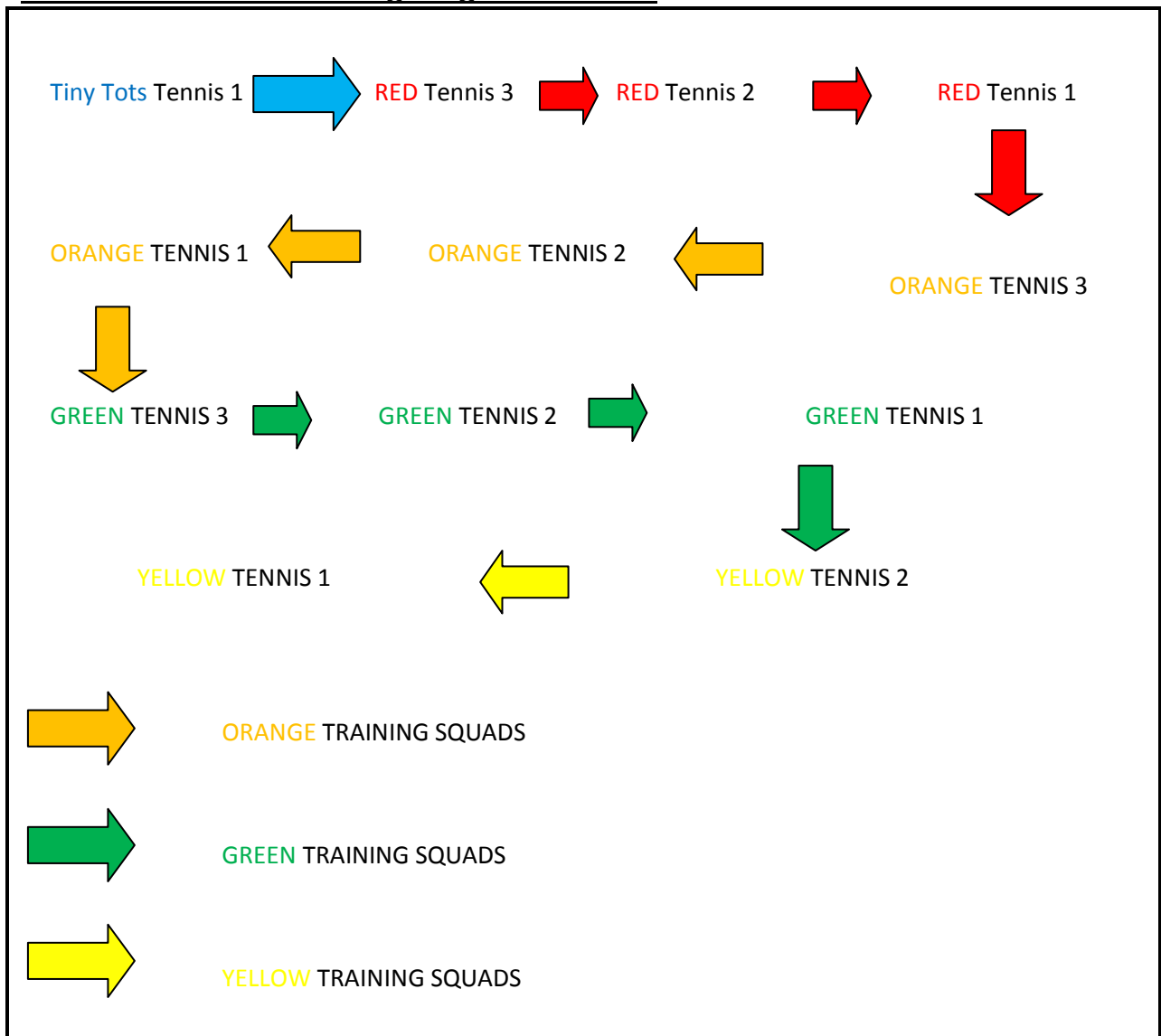
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Red Orange Green Yellow	10 week term 1 session per week	- €80.00
Red Orange Green Yellow	10 week term 2 sessions per week	- €150.00
Training Squads	10 week term 1 session per week	- €115.00
	10 week term 2 sessions per week	- €210.00

Set4Tennis Junior Coaching Progression Path:



Note: Some of these steps can be skipped depending on the player's ability and commitment to their tennis.

