

Coaching at Lowlands

Lowlands club has two full-time coaches operating a programme catering for all levels of play from mini-tennis Red Munchkins to adult team coaching and U18 squads.

THE COACHES

Cliff Gray

Cliff has been a professional coach for nearly 20 years. He has taught all standards up to senior county level. Cliff played full-time tennis up to the age of 20 and in that time won the under 18+ and under 21 singles at the Middlesex County Championships.

Until recently Cliff was a member of the Lowlands Men's 1st Team that won the Middlesex Premier Division in 2000.

*Director of Coaching
L.T.A. – I.C.A. Qualified Coach
P.T.R. – UK Academy Professional*

Simon Gibaut

Simon has been coaching for eight years and became a professional coach at Lowlands in 2004. He joined the club as a Junior in 1994 and won the U18 singles and doubles.

Since then Simon has become a member of the Men's 1st Team Squad and has represented the club in the Intermediate and Premier Divisions.

*P.T.R. – UK Academy Professional
L.T.A. Licensed Coach
Professionally trained Stringer*

Cliff and Simon are both available for individual, shared and group lessons. See details below.



CLIFF GRAY



SIMON GIBAUT



Hourly Rates	Member (£)	Non-Member (£) Includes £3 Court Fee fixed by the club
Individual	22	25
Shared lesson (2 players)	22	25
Group 3-4 players	24	27
Floodlit fee (additional)	2	2
CLIFF Tel: 07889 181549		

Hourly Rates	Member (£)	Non-Member (£) Includes £3 Court Fee fixed by the club
Individual	18	21
Shared lesson (2 players)	18	21
Group 3-4 players	20	23
Floodlit fee (additional)	2	2
SIMON Tel: 07764 501117		

Junior Courses at Lowlands Club

Available to Members & Non-Members any age or standard

Lowlands Club is an L.T.A. Accredited Mini-Tennis Centre and has an extensive programme of the various levels of mini tennis - Red, Orange and Green.

We also run four tournaments each year for all three mini-tennis levels and have a mini court for those interested in joining (details below).

Levels 4 & 5 are for players who have 'graduated' through mini-tennis. Full junior membership is also available to these players (details below).

This table is a general guide as to what level to select to ensure that each player gets the tennis best suited to them. Although age is a general guideline, the level will also be determined by the standard and experience of the player.

Please ask Cliff or Simon if you are not sure.

AGE		LEVEL
4		1
5	Limited experience 1 year's experience	1 1 or 2
6 & 7		2
8	Limited experience 3 year's experience	2 2 or 3
9		3
10	Limited experience 3 year's experience	3 3 or 4
11 & 12	Limited experience 3 year's experience	4
13	Limited experience 3 year's experience	4 4 or 5
14, 15 & 16		5

BECOMING A FULL JUNIOR MEMBER OR MINI-MEMBER OF LOWLANDS CLUB

Full junior membership of Lowlands Club can be applied for by those of Level 4 or 5 standard which is the minimum joining requirements. There is no age restriction.

The Lowlands Club Coaches have CRB clearance through the Lawn Tennis Association.



FULL JUNIOR MEMBERSHIP – UNDER 18 LTA AGE GROUP

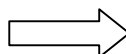
- 10 weeks coaching (Fridays – Junior Club Night) included in fee
- Club tournaments
- Teams (U14 & U18 Middlesex League) + Senior Teams
- Use of courts (restrictions at various times) including floodlights
- Subsidised Winter Squad coaching

Subscription Fee £85

Subscription Fee £70 – Full & Off-peak Tennis Members' Children



Mini-Membership enables our youngest players in Levels 1, 2 and 3 to use the mini-court 'Kidzone' when it is free. If you are interested in the full or mini-membership, please see Cliff for an application form.



HAVING FUN IS COMPULSORY !

Subscription: 1 year £30
6 months £15

Please feel free to call personally at the club to pick up a Junior Course Information Sheet or membership details. Alternatively, call us and we will post it to you.

Tel:

Adult Coaching

MEMBERS AND NON-MEMBERS

ALL YEAR ROUND

We have a full programme for adults at Lowlands: individual, shared lessons and group coaching for all standards from beginners to advanced improvers and league standard. If you've never picked up a racquet, if you just haven't played for a few years and would like to restart, or if you play league tennis, there is a group for you – we cater for all.

Listed below are all Pay-and-Play Group Coaching sessions taking place at Lowlands Club. No booking is required for these sessions so just come along . . .

SESSION	DAY	TIME	FEES	
			Members	Non-Members
Improvers	Monday	10.00-12.00	£4.50	£5.50
Advanced Improvers	Tuesday	1.00 – 3.00	£4.50	£5.50
Improvers	Wednesday	10.00-12.00	£4.50	£5.50
Advanced Improvers	Thursday	10.00-12.00	£4.50	£5.50
Beginners	Friday	10.00-11.30	£4.00	£5.00
League Standard (by invitation)	Friday	1.30 – 3.00	£4.00	£5.00
Improvers	Saturday	5.30 – 7.00 (April-Oct)	£4.00	£5.00
		5.00 – 6.30 (Oct-Mar)*	£4.50	£5.50

* Oct-Mar includes floodlit fee

American Tournaments

We also run 10 American Tournaments throughout the year for all players attending the coaching sessions. Players accumulate points at each tournaments and a trophy is presented to the overall winner.

Members Team Coaching

Lowlands Club has 10 Senior Teams (6 mens, 4 ladies). Team coaching takes place for all teams, prior to the league season starting. Details available February. Sessions arranged March-April.

If you would like a copy of our Adult Coaching leaflet, please call in at the club or let us have your address and we will send one to you.