



‘Tennis and Children’ The Family Tennis Club

Started in 2000

www.tennisandchildren.com

Tel:(07779) 430179

MEMBERS IMPORTANT INFORMATION

Free tennis courts whole family	Text head coach on how to book (07779) 430179
Non attendance / Swaps / Making up	We send text every Thursday. Reply if not coming
TERM DATES	Visit www.tennisandchildren.com See link. Please do not text head coach to ask dates.
PLAYING IN RAIN	We do not cancel lessons so come prepared with cap and shower or waterproof jacket and trousers. Cold weather gloves. Please always turn up. If venue closes due to snow we will text parents.
DO PARENTS NEED TO STAY	You dont need to stay but feel free to watch and enjoy
PARENTS WATCHING LESSONS	Please do not talk to your child as it may distract them. If you wish to give them something then please get coaches attention first. Do not come onto the court.
COLLECTING YOUR CHILD	Please arrive on time and collect at gate. We do not allow children under 12 years to walk into the carpark. Parents not allowed onto the court. If friends or other family members collecting your child text head coach with names and relationship to your child. Please inform your child before lesson. If you wish your child over 12 years to walk home by themselves text head coach. We cannot let them go until text received. Also let your child know before lesson.
TOILET BREAKS	Sorry we cannot take children to the toilets. Please stay if needed as toilets are on site.
WHAT IS MY CHILD TAUGHT HOW DO THEY MOVE UP LEVELS	Visit www.tennisandchildren.com See link
NEED TO ASK THE COACH SOMETHING	Please do not come onto the court at any time. Safety & Insurance can be affected.
CONCERNS OR COMPLAINTS	Please send this by text to head coach on (07779) 430179 as we are unable to discuss these before, during or after lessons. It works better for all concerned if we can carefully consider what has been said by text. Please do not discuss with assistant coaches. Feel free to ask general quick questions at lessons.



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WHAT TO WEAR TO TENNIS LESSONS

<p>Red Ball 4-8 years</p> <p>Orange Ball 7-9 years</p> <p>Green Ball 10-12 years</p>	<p>GIRLS CLOTHING NO jean or trouser material Tennis Specific Clothing can be worn or clothing for sport Sports shorts or skirts not tight or short Sports shirt or T-shirt (No belly tops) Loose fitting tracksuit trousers only No leggings unless wearing shorts or skirt over them Sports trainers or tennis shoes</p> <p>BOYS CLOTHING No jean or trouser material Tennis Specific Clothing can be worn or clothing for sport Sports shorts not tight or short Sports shirt or T-shirt (No belly tops or vests) Loose fitting tracksuit trousers only No leggings unless wearing shorts over the top Sports trainers or tennis shoes</p>
<p>YELLOW BALL Division 3&2 12-15 years</p> <p>YELLOW BALL DIVISION 1 & PREMIER 15-18 years</p>	<p>GIRLS CLOTHING Tennis clothing only Clothing and tennis shoes can also be used for many other sports and social dressing (saving money) Longer Skirts or Shorts but not tight fitting. Skorts are good to wear. These are a short under a skirt Shirts (No belly tops) Loose fitting Tracksuit trousers only Leggings must have shorts or skirts over the top Ideally tennis shoes.</p> <p>BOYS CLOTHING Tennis clothing only Clothing and tennis shoes can also be used for many other sports and social dressing (saving money)</p> <p>Longer Shorts not tight or short Shirts (No belly tops or vests) Loose fitting tracksuit trousers only Leggings must have shorts over the top Ideally tennis shoes</p>

TENNIS A GAME FOR LIFE