

Junior Squash Coaching Day 2010

THURSDAY 8TH & 15TH APRIL

9.30AM – 12.00PM 5YRS – 11YRS

1.00PM – 3.30PM 12YRS – 16YRS

AT EAST ANGLIA TENNIS & SQUASH CLUB

The Clubs coaching team will be running in depth coaching sessions at the club which will include:

Technique ,Tactics, Court Awareness, Fitness & Match Play

The sessions will be designed to suit ages 5 to 16 years with groups split into ability and age levels.

COST PER DAY: £8-00 per member £10-00 per non-member

Cheques made payable to “E.A.T.& S.C.”.

Numbers will be limited so please book early to avoid disappointment.

Please tick which days you wish to attend:-

Thursday 8th April [] Thursday 15th April []

Name.....Age.....D.O.B.....

Tel No.....Contact No. During event.....

Address.....

Are there any medical conditions the coaching staff should be aware of?

Please give brief details on current squash activity:



*Lime Tree Road • Norwich • NR2 2NQ
Telephone 01603 453532 • FAX 01603 501098
Email club@eatsc.org.uk www.eatsc.org.uk*