

Junior Squash Coaching Days 2010

THURSDAYS 29TH JULY & 19TH AUGUST

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 29th July [] Thursday 19th August []

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

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

E-mail

Address.....

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

Please give brief details on current squash activity:



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