



2024/2025 COACHING PLAN

COACHING SCHEDULE



TIME	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
10.30am					Teen Development Squad (Age 13+)
11.30am					Teen Development Squad (Age 13+)
12.30pm	Private, available to book	Private, available to book			Teen Development Squad (Age 13+)
1.30pm	Private, available to book	Private, available to book			
2.30pm				2pm - 4pm 😊	Junior Orange Ball Coaching
3.30pm	Age 6+ (Entry level / Beginner)	Age 6+ (Entry level / Beginner)		Fun Tennis organised by Committee	Junior Ladder Match Plays (Orange Ball Up)
4.15pm	Age 8-10 (Progression level)	Age 8+ (Progression level)			
5pm	Age 8-10 (Progression level)	Age 8-10 (Progression level)	Junior Tennis & Pizza 🍕		Adult Doubles Coaching
6pm	Age 8-10 (Progression level)	Age 8-10 (Progression level)			
7pm	Adults Group Coaching	Adult Group Coaching	Adult Social Tennis & Pizza		
8pm	Beginner Coaching Session	Adult Group Coaching	Check Smartclub		

TERM DATES & FEES



	RED & ORANGE BALL FEES - 45 minute Coaching Sessions	GREEN BALL FEES - 1 hour sessions
Term 1 w/c 16th September - w/e 30th November	9 week term, price €70 (once per week) and €120 (two sessions per week)	€80 (once per week) and €130 (twice per week)
Term 2 w/c 13th January - w/e 24th March	10 week term, price €80 (once per week) and €130 (two sessions per week)	
Term 3 w/c 5th May - w/e 25th June	8 week term, price €60(one per week) and €100 (two sessions per week)	

- It is a requirement that you are a member of WHBTC to avail of coaching sessions.
- Non-members are welcome to join any of our social tennis events for two taster sessions before joining.
- Please bring a **drink & wear rain gear or sun cream** as appropriate.
- It is a **Child Safeguarding** requirement that a parent remains **on the premises for** any **1:1** junior sessions
- In addition to Term-time coaching, there will be **camps** at Halloween, Easter and during the Summer.

COACHING INFORMATION



We have two coaches in WHBTC, our group coaching programme is currently organised by the Tennis Committee and delivered by Coach Emil. Group lessons can be booked on Smartclub.

Private sessions can be either 1:1 or in groups of 4 and should be organised directly with your coach.

We also have Isobel McRedmond, a Hitting Partner, available to hit with players involved in a coaching programme. This is ideal as a follow up to your coaching session as an alternative to a Ball Machine to work on specific strokes. Isobel is available at weekends and school holidays.

Coach Name	Level	Contact	Fee
Emil Klosinski	2	085 7239738	€40 per hour
Trevor Harkness	2	087 9652341	€40 per hour
Isobel McRedmond	1	Arrange via Emil	€15 per hour

COMMITTEE CONTACTS: tennis@whbtc.ie

Tennis Captain: Amanda Whitmore: 087 4419140

Vice Captain: Muireann Nagle: 086 1953225

Junior Captain: Ruth Kennedy: 086 236 4843