

## Senior Coaching Programme - Stroke Clinics - Grade 5&6



**Our team of coaches will run a set of stroke clinics for adults over two weekends. Each stroke will run over two sessions that will last 1.5 hours each.**

### **What are stroke clinics?**

Stroke clinics are focused on specific tennis strokes. Pin-pointing the key elements of your game you'd like to improve.

- **Volley and Smash - Friday 8th March and 22nd March @ 7:30 to 9:00.** Ditch the rushed, panicked feeling you get at the net and trade it for calm, zen like control of all your volleys and smashes.

Coach **William Guiry 086 852 4074**

- **Backhand. Saturday 9th March and 23rd March @ 3:00 to 4:30.** Stop running around your backhand and turn it into a weapon. Hit slice and top spin with relaxed consistency.

Coach **Emma McGuire 087 0570269**

- **Serve and Approach Sunday 10th March and 24th March @ 3:00 to 4:30.** Discover the secrets to maximum racquet head speed for a monster serve and approach game that DESTROYS your competition.

Coach **Willie Reynolds 086 8312091**

In each clinic, players will learn the fundamentals on each stroke, review the proper technique and put this into practice on court. Clinics are the perfect way to build a solid foundation for key elements of your game.

### **Who are the clinics for?**

Our first set of clinics will be for all those in **grade 5 and 6.**

We only have **8 places available** per clinic so get your name in quick to make sure you don't miss out on a place. Don't Fret!! Upcoming Clinics will be arranged to cater for all other levels.

**Cost: €30 for 2 ( 1 1/2 hr) sessions.**

**This will include a €10 voucher that can be used in the bar**

**Please note that you must register for both sessions by contacting the specific coach and booking a place for your preferred clinic.**