

FAQs

Booking steps:

1. To confirm your child's place simply click on the appropriate link above and complete the online details - put the account holders name into the system - the process requires your bank details, it only takes a few minutes to complete.
2. If you have more than one child in the programme, please repeat the process for each child.
3. Please send an e-mail to: ange@ontheballcoaching.com with these details [Name / club / squad time / any medical details].
4. GoCardless will email you with confirmation.

What does the monthly direct debit cost include?

- Tennis coaching for 40-weeks per year
- Six competitions per year

Are there any other costs associated with playing tennis?

- Club membership is required at some of the clubs we work with.
- At clubs where it is not a requirement we would strongly recommend joining the club. Tennis clubs are member run clubs that serve the local community.
- Holiday camps / club camps will incur an additional cost.

Start dates:

- Weekend programmes: 5th & 6th September 2015
- Week-day programmes: 7th September 2015

- Southwell LTC: 21st September start due to court resurfacing, additional weeks 8th and 29th August 2016

Dates there will be NO tennis	
Weekend	Week-day
31Oct / 1 Nov	26 Oct
19/20 Dec	14 Dec
26/27 Dec	21 Dec
2/3 Jan 2016	28 Dec
20/21 Feb	4 Jan 2016
26/27 March	15 Feb
2/3 April	4 April
4/5 June	30 May
6/7 Aug	8 Aug
13/14 Aug	15 Aug
20/21 Aug	22 Aug
27/28 Aug	29 Aug
	Anomalies
	<i>No squad: 25/ 28 March, 2 May (Mon)</i>
	<i>Will run: 8 /12 August (Mon & Fri), 4 April (Mon)</i>

Why are you running 40-week coaching per year?

We believe that in order to improve players need to perform a high number of quality repetitions. This takes time and we have added extra weeks into the programme to support player development.

What is the recommended amount of tennis per week?

We recommend that you play twice a week to improve you game. Playing once a week will help you to improve your game but the rate of improvement is greatly increased by playing twice a week or more. We have reduced the cost associated with playing more to make it easier for players to play more.

Why have you embedded competitions into the programme?

Tennis is a competitive game. When Roger Federer plays against Rafael Nadal they are both competing, they are improving their skills through competition. Player's gain a great deal from competing (there are times when it is difficult) but this is one of the challenges of the game, dealing with difficult situations. Competition is a core element of the game. We will try to include competition into every lesson we deliver, as it is an essential element of tennis.

How do I pay for the coaching programme?

By monthly direct debit

How we calculated the monthly direct debit costs?

	Option	No. weeks	Price / hour	Comps / month	DD / month
1x / week	Bronze	40	£6.00	£3.00	£23.00
2x / week	Silver	40	£5.00	£3.00	£36.33
3x / week	Gold	40	£4.50	£3.00	£48.00
Unlimited	Platinum	40	£4.00	£3.00	£56.33

What do I do if I want to cancel my coaching?

All you need to do is email Angela at: ange@ontheballcoaching.com before the 1st of the month.

How do I pay for more sessions (playing x2 a week, now I want to play x3 times a week)?

Email Angela at: ange@ontheballcoaching.com before the 1st of the month and we can update your tennis package.

Terms and conditions

By signing up via direct debit for your child's tennis coaching you agree that your child shall participate at an On the Ball Coaching approved venue (all our venues are located on the club page).

I understand that in the event of any injury or illness, all reasonable steps will be taken to contact me. However, I give my consent for necessary treatment to be administered and deal with that injury/illness appropriately. In the event of being unable to contact me, I give consent for the coach to act on my behalf.

Mini Tennis explained

<http://www3.lta.org.uk/LTA-Mini-Tennis/>

What are the benefits of playing tennis?

Find out for yourself: <https://www.google.co.uk/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=benefits%20of%20playing%20tennis>

We think it is a great game to play. Here are some of the many positives we see:

- Health benefits (physical and mental)
- Learning a skills is a rewarding process
- Great way to meet new people (when moving cities or leaving for university)
- Worldwide game (we have played in Greece, France, Canada, USA, Spain, Italy...).

It's always nice to hear from players, here are some comments from players at university who have played the game for many years:

"I like that I have an extracurricular activity to focus other than my uni work. Also I have met some really good friends through the teams."

"It's always a thing that I look forward to during the week and it has definitely made my experience abroad a very special one."