

Beaconsfield Tennis Centre

Club & Coaching



Club

Coaching

Academy

Fitness

<http://www.beaconsfieldtennis.com>

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Club

Why join a tennis club?

Joining a club gives you the opportunity to play regularly in organised club sessions with players of all standards. We offer a varied programme of club play to suit everyone, from daytime and evening sessions, to club tournaments and floodlit tennis. Prospective adult members are encouraged to come along to join in our popular mixed open play sessions on Thursday evenings 7-9, or on Sunday mornings from 10-12.

What are the opportunities for competitive tennis?

BTC enters up to 10 teams in the Bucks leagues throughout the year, with match practice nights continuing in the winter on our 4 floodlit courts. For senior players there are mens, ladies, and mixed doubles teams - several in the 1st division in Bucks.



Prize-giving

The Club Championships offer the opportunity for competitive play in all age groups, and we also organise fun tournaments and friendly matches.

What is available for an adult player?

Adults are welcome to play in any of our senior club sessions. For those who can play during the week these are organised on Tuesday and Friday mornings.

There is also time for socialising at fun tournaments and lunches organised during the summer, and cheese and wine evenings once a month on Thursdays.



Ladies tournament

Are there club sessions for junior players?

Yes - junior coaching on Saturday mornings and club play on Monday and Wednesday afternoons, and Friday afternoons and evenings with coaching on another evening.

There are regular match play sessions and fun tournaments with BBQs throughout the summer. During the winter season juniors are encouraged to participate in the various coaching

How do I join?

It's easy, just pick up a membership application form from reception, or go online and download a copy from our website. The club welcomes potential members of different standards and ability. However, it's recommended that you already play to a reasonable standard. For advice, please talk to one of BTC's coaches.

Beaconsfield Tennis Centre

BTC is affiliated to the Buckinghamshire LTA. Our club section has a dedicated committee of volunteers focussed on providing opportunities for members of all ages to enjoy their tennis, and on improving facilities. One highlight of the year is our Club Finals Day in July, when matches are played in front of members and family supporters with a BBQ, a Pimms bar, and refreshments provided throughout the day. For more information on teams, sessions, and social events please visit our website.



Club championship finalists



Coaching

What coaching courses are available at BTC?

There are courses for every level of play and for all ages, from individual tuition to group sessions. Absolute beginners, who have never played before, are particularly welcome.



Mini tennis programme

Is there a tennis programme for young children?

Yes. The BTC mini tennis programme is designed especially for children from 4 to 10 years of age.

The basic techniques introduced are hand-eye co-ordination, ball and racket control, and movement around the court - an excellent foundation for building confidence and developing the skills needed to progress to full tennis.



Boys intensive programme

Juniors Performance Programmes (ages 10-18 years)

These are designed for advanced and intermediate players who need to be challenged to raise their game.

Intensive Programmes

These are designed for intermediate, advanced and tournament players who need to be pushed harder to realise their full potential.

Adults

BTC caters for all levels of play, with programmes to develop basic and advanced skills. All our coaching is conducted in an atmosphere of positive reinforcement designed to promote the enjoyment of playing tennis.



Ladies coaching group

What courses are available during the holidays?

As well as our popular summer holiday Day Camps, there's a choice of programmes during school holidays - half term, Easter and Christmas.

We Offer the following coaching programmes:

Programmes for all ages and all standards of play.

Beginners
Intermediates
Advanced

Intensive programmes

For those players seeking rapid improvement in their game.

Mini Tennis (ages 4-10 years)

Introducing ball skills, hand-eye coordination and basic movement. Groups are divided by age and ability into three classes: Red, Orange and Green.

Ladies Groups

Week-day mornings - to promote the enjoyment of tennis - from beginner to advanced level.

Junior Tournaments

Organised during summer holidays.

Adult Evening Groups

Summer sessions - to help with stroke correction, court coverage and strategies for single and doubles play.

Here at BTC we believe that you're never too old to learn new techniques!



Academy

What is the BTC Academy?

The academy is a structured training and development programme designed to help players who aspire to county, national or professional standards, as well as those who may wish to choose coaching as a career.

What age groups are accepted?

Players from age groups U10, U12, U14 and U16 and older will be selected to join the Academy. Younger players with potential may also be accepted.

How do I become an Academy player?

Players who take part in BTC coaching programmes who show - through their attitude, aptitude and performance - that they have the essential requirements for advanced and professional play, will be invited by the Senior Professional Coach to join the BTC Tennis Academy.

However, anyone can apply to join the Academy - players will be assessed and if they meet the criteria will be invited onto the Academy programme.



Academy drills

How long do players attend the Academy?

The Academy exists to promote the pursuit of excellence.

As long as coach and player both feel that improvements can be made in the physical, mental, technical and tactical goals of a player's game, then inclusion in the Academy programme will be continued.



Academy tournament - boys

Want to learn more about the Academy?

Come along to the Oval in Beaconsfield and talk to our Head Professional, Godwin Johnson, or phone or write to the BTC.



Academy tournament - girls

A brief history of the BTC Academy

From its beginnings over 50 years ago, the Beaconsfield Tennis Centre has been training and coaching players to county, national and international standards. In 1992, Godwin Johnson took over ownership.

Godwin played professionally in Nigeria before moving to the USA to play intercollegiate tennis and train as a senior coach.

The BTC continues to grow from strength to strength and boasts large alumni of players and coaches performing to the highest standards.



Fitness

What is Ace Fitness?

Ace Fitness is BTC's very own fitness facility designed to help you improve your general health, fitness and Wellbeing, and for those who want to develop stamina and strength for competitive tennis and other sports.

Regimes can be specially designed for tennis players as well as those just wishing to keep fit.

A fitness trainer will be on hand to help you with your personal programme.



Cardiovascular equipment

After discussing your needs and ambitions, we will structure an exercise regime to help you progress in comfort and safety to achieve your desired goals.

At every stage of your programme your fitness trainer will be available to provide guidance and encouragement. We also devise a fitness and wellbeing programme for you to follow in your own home.



Resistance equipment

What facilities and equipment is available?

Ace Fitness provides a quality, personal service with qualified instructors - everyone who joins will be offered a fitness appraisal. There is a state-of-the-art fitness room equipped with a comprehensive range of Technogym cardiovascular and resistance equipment.

Ace Fitness offers you the opportunity of one-to-one instruction, with the emphasis on motivation to achieve your goals. Sports injury treatment and sports massage are also part of the service.

How much does it cost to join Ace Fitness?

The Ace Fitness facility is available as part of our tennis academy and coaching programme and as a separate fitness programme. Rates and conditions vary, please enquire at BTC for details.

State-of-the-art fitness room with range of Technogym cardiovascular and resistance equipment

Regimes specifically designed for tennis players as well as those wishing to keep fit

Fitness trainers on hand at all times to help you with your personal fitness programme

How often can I attend the gym?

The gym is open every day of the week, so you'll be able to use the facilities at whatever time you find most convenient.

We'll help you to achieve your fitness and lifestyle goals!



Fitness training

BTC
The Oval
Grenfell Road
Beaconsfield
HP9 2BY
Tel: 01494 674744



Beaconsfield
Tennis Centre
Club & Coaching



Membership



Annual subscription rates from January 2011

Platinum Membership Entitled to the tennis members, gym and social club events. Must be aged 25 by the 1 st January.	Individual	£480
	Joint	£849
	Family of 3	£1179
	Price per additional family member	£300
Gold Senior Membership Entitled to the tennis members and social club events.	Individual	£160
	Joint	£240
	Family - 2 adults and 1 child aged 9-18	£290
	Family - 1 adult and 2 children aged 9 - 18	£260
	Each additional child	£50
Silver Membership Entitled to social club events only. Must be aged 18 by the 1 st January.	Individual	£20
Off-Peak Gym only Membership Monday-Friday, 11am till 4pm. Only applies to ages 25 or older.		£242
Off-Peak Seniors Tennis only Membership Monday-Friday, 9am - 4pm. Only applies to ages 25 or older.		£90
Young Adults Tennis only Membership Aged 18 – 25.		£80
Junior Tennis Membership Aged from 9 – 18.		£60
Mini Tennis Membership Aged from 5 – 8. Only for match play, no other facilities.		£10
Student/Boarder Tennis Membership Membership is active for only 1 – 3 months at a time.		£40
Student Gym Membership Students aged 16 – 25.		£26 per month