



JSTA CHILDREN'S TENNIS ONLY SUMMER CAMP



JSTA Ltd.
 Jamie Stafford Tennis Academy
 Ballinacoola, Glenealy, Co. Wicklow
 JSTA09@gmail.com



Camp 1:	Tue 8th - Fri 11th June	Camp 7:	Mon 19th - Fri 23rd July
Camp 2:	Mon 14th - Fri 18th June	Camp 8:	Mon 26th - Fri 30th July
Camp 3:	Mon 21st - Fri 25th June	Camp 9:	Tue 4th - Fri 6th Aug
Camp 4:	Mon 28th - Fri 2nd July	Camp 10:	Mon 9th - Fri 13th Aug
Camp 5:	Mon 5th - Fri 9th July	Camp 11:	Mon 16th - Fri 20th Aug
Camp 6:	Mon 12th - Fri 16th July	Camp 12:	Mon 23rd - Fri 27th Aug

Course includes Coaching for all standards, lots of fun, Camp Competitions & Prizes.
COST: Member: €79 Per Child, Non-Member €99
 4 to 9ys - 10am to 1pm, 10 yrs & over - 2pm to 5pm

Summer Tennis Coaching with JSTA



SUMMER CAMP REGISTRATION FORM

Name: _____ Age: _____ Camp No.: _____

Parent's Name: _____ Phone Number: _____

Email: _____ Start and finish time _____

Are You a Member? YES NO Member's ID _____

Address: _____

Amount Enclosed: € _____ Cheque Cash Credit or Laser Card

Maximum 8 per coach, one day a week, pick your day. Minimum of 6 needed to form a group.
 Deadline for applications is Thursday prior to course start date

TO JOIN ANY OF OUR PROGRAMMES SIMPLY POST OR HAND INTO:

SPORTSCO (Tennis),
 South Lotts Road,
 Ringsend,
 Dublin 4.

Please Make Cheques Payable To SPORTSCO

(Payment can be made by cash, cheque, laser or credit card or over the phone by credit card by phoning 01-668 7022 ext 0).

Participants for the courses can sign up in person at reception or over the phone also, and please note payment is required at the time of booking.

Contact Jamie on 087-2788985 or email jsta09@gmail.com.



SPORTSCO TENNIS PROGRAMMES

Beginner Level Course:

- How to hit Forehand
- Backhand, Serve, Volley, Smash
- How to Rally
- Rules of the Game
- Co-ordination
- Ball skills

Intermediate Level Course:

- How to play Spin on all strokes
- Intermediate level match tactics
- Physical exercises related to tennis
- How to play a match

Advanced Level Course:

- Technical Tactical
- Physical & Psychological skills relating to tennis, Singles & Doubles Tactics



Jamie Stafford

- Tennis Director SPORTSCO
- 22 Years Full-time tennis Experience
- PTR Professional Grade Coach
- PTR National Tester - R.O.I.
- NCEF & ITEC Fitness Instructor
- Coaching Ireland Coach Tutor



Jamie Stafford
 Tennis Academy





SPORTSCO JUNIOR TENNIS PROGRAMME

Age	Time	Days Available	Cost Member	Cost Non-member	No. of Weeks
3 & 4 yrs	3 to 4pm	Mon to Sat	€89	€119	8
5 to 7 yrs	4 to 5pm	Mon to Sat	€89	€119	8
8 to 10 yrs	5 to 6pm	Mon to Sat	€89	€119	8
11 yrs +	6pm to 7pm	Mon to Sat	€89	€119	8

PROGRAMMES COMMENCE MONDAY 10th May 2010. ALL COACHES QUALIFIED WITH THE PTR OR TENNIS IRELAND.
 Private lessons available from any of our coaches at €80 per hour.
 If you have any questions, please contact tennis director Jamie Stafford on 087 2788985.
 Maximum 8 per coach, one day a week, pick your day. Minimum of 6 needed to form a group.
 Entries must be booked in advance. Entries close Sunday 2nd May 2010.



SPORTSCO ADULT PROGRAMME 2010

Programme Morning	Code	Days Available	Time	Standard	Cost Mbr	Cost Non-mbr	No. Weeks
Adult Morning	MAC10	MON TO SAT	10am to 11am	BEG	€89	€119	8
Adult Morning	MAC10	MON TO SAT	11am to 12pm	INTER/ADV	€89	€119	8

PROGRAMMES COMMENCE MONDAY 10th May 2010. ALL COACHES QUALIFIED WITH THE PTR OR TENNIS IRELAND.
 Private lessons available from any of our coaches at €80 per hour.
 If you have any questions please contact tennis director Jamie Stafford on 087 2788985.
 Maximum 8 per coach, one day a week, pick your day. Minimum of 6 needed to form a group.
 Entries must be booked in advance. Entries close Sunday 2nd May 2010.



JUNIOR REGISTRATION FORM

Name: _____ Age: _____ Coaching Day: _____
 Parent's Name _____ Phone Number: _____
 Email: _____
 Are You a Member? YES NO Member's ID _____
 Address: _____

 Amount Enclosed: € _____ Cheque Cash Credit or Laser Card

ADULT REGISTRATION FORM

Name: _____ Age: _____ Coaching Day: _____
 Email: _____
 Are You a Member? YES NO Member's ID _____
 Address: _____

 Amount Enclosed: € _____ Cheque Cash Credit or Laser Card