

Gary Ingram - Tennis Director

Gary is thrilled to be back at Cottingham Tennis Club for his sixth year and bring his enthusiasm to the courts. He has over 32 years of professional coaching and has been a USPTR certified member, a USPTA Elite Professional and a TPA member. Gary has extensive experience overseeing Junior programs at the beginner and recreational level. (The Badminton and Racquet Club, Rosedale Tennis Club and The Donalda Club, Toronto). Gary and his staff are looking forward to the 2019 season.

Registration Form

Name _____

Email _____

Age: _____ DOB: _____ Level of play: _____

Address: _____

Home Ph: _____

Check one:

- MINI TENNIS (4-6 years)
- YOUNG GUN (6-8 years)
- TOP GUN (8-10 years)

Parents names _____

Health card #: _____

In case of emergency during camp, who should we contact? _____

Please give details of any allergies, medication needed and who is authorized to pick up child at end of day:

By signing below, I agree to hold Cottingham Tennis Club, Gary Ingram and/or all of their agents and/or employees harmless from claims or damages arising from my child or children's participation in any of the above tennis programs involving any of the aforementioned persons, either on or off club grounds.

Signature of parent or guardian Date

PHOTO RELEASE: I agree and give permission for Gary Ingram to record, film, photograph, audiotape or videotape my child's name, image, and activities and to display, publish, or distribute these depictions for the purpose of publishing or posting on garyingramtennis.com, cottinghamtennis.ca and posting on other social media sites. I hereby waive the right to approve the use of these depictions now or in the future, whether the use is known or unknown, and I waive the right to any royalties related to the use of these depictions. I understand that the depictions may appear in electronic form on the internet or in other publications outside of the Gary Ingram's control. I agree that I will not hold Gary Ingram responsible for any harm that may arise from such unauthorized reproduction.

I agree yes / no

Signature of parent or guardian Date

To reserve your spot! Please make payment by E-transfer to: garyingramtennis@gmail.com or by cheque, payable to Gary Ingram There will be no refunds for missed classes. All clinic times are weather dependant and we will do our best to schedule a makeup.



COTTINGHAM JUNIOR TENNIS CLINICS SPRING 2019

Join us for 6 weeks of fun-filled tennis clinics

Starting week of Monday,
May 13th

The Cottingham Tennis Club
107R Cottingham St., Toronto ON
M4V 1B9

PHONE: 416-886-0954
WEB: WWW.COTTINGHAMTENNIS.CA

**The clinics will be incorporating the basic fundamentals and stroke development in a fun environment.
We will be using a “Progressive Tennis” games based approach to the clinics.**

Mini Tennis (Ages 4-6yrs)

May 13, 27 and June 3, 10, 17, 24

Time: 4-5 PM (Mondays)

Cost: \$135.60 members

\$165.60 non members

Goal: Introduce the foundation skills of tennis. Players learn basic forehand, backhand, rally, net play, and serving skills along with activities that build tennis specific coordination. The rules of play and good sportsmanship are introduced as well.

Ball: RED BALL / FOAM BALL

Court: Mini net and width of court

Lesson Structure:

- 3-5 min physical warm up (footwork, catching, throwing exercises)
 - 10-15 min ball control exercises and cooperative exercises to promote hand eye coordination
 - 20-25 min stroke development – feeding or self-feeding (drop hitting)
 - 10-15 min game that allows students to implement the learned skill – All games should involve score keeping
 - 5 min – clean up, wrap up and depletion exercise
- Good sportsmanship behaviour to be instilled every lesson:
- Hug the racket when the instructor is talking
 - Cooperate with everyone
 - Pick up balls quickly
 - Shake hands after each game
 - Keep score out loud

Psychological:

The goal is for kids to have fun and to develop a lifelong love for the game

Young Guns (Ages 6-8yrs)

May 14, 21, 28, and June 4, 11, 18

Time: 4-5 PM (Tuesdays)

Cost: \$135.60 members

\$165.60 non members

Goal: To build on the foundation skills introduced in Mini Tennis. Players continue to learn the basics of the forehand, backhand, rally, net play, and serving skills along with activities that build tennis specific coordination. More rules of play are taught and good sportsmanship are instilled.

Ball: RED BALL

Court: Mini net and width of court

Lesson Structure:

- 2-3 min physical warm up (footwork, catching, throwing exercises)
 - 5- 10 min ball control or cooperative exercises to develop hand eye coordination
 - 30 min stroke development – feeding or self-feeding (drop hitting)
 - 10 min game that allows students to implement the learned skill – All games should involve score keeping
 - 5 min – clean up, wrap up and depletion exercise
- Good sportsmanship behaviour to be instilled every lesson:
- Hug the racket when the instructor is talking
 - Cooperate with everyone
 - Pick up balls quickly
 - Shake hands after each game
 - Keep score out loud
 - Make clear and fair line calls

Psychological:

Fun
Create “get every ball attitude”

Top Guns (Ages 8-11yrs)

May 15, 22, 29, and June 5, 12, 19

Time: 4-5 PM (Wednesdays)

Cost: \$135.60 members

\$165.60 non members

Goal: To build on the foundation skills introduced in Mini Tennis and Young Guns. Players continue to learn and develop the basics of the forehand, backhand, rally, net play, and serving skills along with activities that build tennis specific coordination. Students learn the rules of the game and are being taught to demonstrate good sportsmanship.

Ball: ORANGE BALL / GREEN DOT

Court: ¾ court

Lesson Structure:

- 3-5 min physical warm up (footwork, catching, throwing exercises)
 - 5 min cooperative exercise to promote hand-eye coordination
 - 30-35 min stroke development (can be split between ground strokes, volleys, overheads, serves, and returns)
 - 10-15 min game to implement the learned skill and to work on the teaching point given by the pro – involve score keeping
 - 5 min – clean up, wrap up and depletion exercise
- Good sportsmanship behaviour to be instilled every lesson:
- Hug the racket when the instructor is talking
 - Cooperate with everyone
 - Pick up balls quickly
 - Make clear and fair line calls
 - Compliment an opponent after a good shot

Psychological:

Fun
Create “get every ball attitude”
Create a love for competition