

Gary Ingram - Tennis Director

Gary is thrilled to be back at Cottingham Tennis Club for his ninth year and bring his enthusiasm to the courts. He has over 35 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 2022 season.

Registration Form

Name _____

Email _____

Age: _____ DOB: _____ Level of play: _____

Address: _____

Home Ph: _____

Check one:

- TINY TOTS (4-6 years)
- ACERS (6-8 years)
- GRAND SLAMMERS (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 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 dependent and we will do our best to schedule a makeup.



COTTINGHAM JUNIOR TENNIS CLINICS SPRING 2022

Join us for fun-filled Junior
tennis clinics

Starting week of Monday,
May 30th

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

EMAIL: GARYINGRAMTENNIS@GMAIL.COM
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.**

TINY TOTS (Ages 4-6 yrs)

Dates: May 30 and June 6, 13, 20

Time: 4-5 PM (Mondays)

Cost: \$113 members

\$141.25 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 cool down 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

ACERS (Ages 6-8 yrs)

Dates: May 30 and June 6, 13, 20

Time: 5-6 PM (Mondays)

Cost: \$113 members

\$141.25 non-members

Goal: To build on the foundation skills introduced in Tiny Tots. 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 is 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 cool down 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”

GRAND SLAMMERS (Ages 8-10 yrs)

Dates: May 31, June 7, 14, 21

Time: 4-5 PM (Tuesdays)

Cost: \$113 members

\$141.25 non-members

Goal: To build on the foundation skills introduced in Tiny Tots and Acers. 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 cool down 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