



Advantage Over / Over the Tin
Professional Tennis & Squash Coaching



Summer holiday Tennis Sessions

Book your space now with Alex Over, fully qualified coach
T: 07748 384897 E: AlexOver@PlaySquashandTennis.com

Summer Holiday Tennis Sessions

Each year Wimbledon ignites England's passion for tennis. This year why not do more than sample some strawberries and cream and get involved in tennis? Tennis is the sport of kings which provides exercise in a fun and social setting. It is a sport which can be enjoyed all year round but particularly during the warm summer months.

Advantage Over/Over the Tin offer junior and adult tennis and squash coaching services to East Grinstead and the surrounding area. Despite being the area's fastest growing coaching business I still offer a local and personal service which cannot be matched by larger organisations.

I coach at most of the schools in the area working with hundreds of children offering curriculum, before/after school and holiday sessions.

Junior coaching sessions are designed to suit beginners or those who have previously played. The courses will combine skill learning with games in order to give children a positive introduction to the sport.

So why not get outside and play some tennis?

Booking

To sign up for any of the sessions please email the following:

- Course you wish to attend
- Names and ages of children to attend
- Whether they have any medical conditions which might be relevant
- Contact number(s)

For more information and help contact Alex Over at AlexOver@PlaySquashandTennis.com or call 07748384897

In order to secure your place payment should be made in advance by sending a cheque made payable to Alex Over and sent to:

Sarah Over
7 The Woodlands
Chapel Road
Smallfield
Surrey RH6 9NP



Dates and venues

Fonthill Lodge School			
20–22 July	12.00–2.15pm	£37.50* for the 3-day course (*includes court hire)	A 3-day course at Fonthill Lodge School. Suitable for beginners or those who have previously played tennis.
Dormansland Tennis Club			
26, 28 and 30 July	9.30am–12.30pm 5–8 year olds	£30 for the 3-day course	A 3-day course at Dormansland Tennis Club. Suitable for beginners or those who have previously played tennis. The course will culminate with a competition on the last day which will be focussed on the standards of the players who attend.
	1.00–4.00pm 9 years upwards		
16, 18 and 20 August	9.30am–12.30pm 5–8 year olds		
	1.00–4.00pm 9 years upwards		
East Grinstead Sports Club			
27 July	3.00–5.00pm	£7.99 per session	Tennis and racket ball sessions which can be attended individually or as part of the wider sports sessions offered at the Club.
29 July	9.00–11.00am		
2 August	9.00–11.00am		
5 August	3.00–5.00pm		
9 August	3.00–5.00pm		
11 August	9.00–11.00am		
17 August	9.00–11.00am		
19 August	3.00–5.00pm		
25 August	3.00–5.00pm		
27 August	9.00–11.00am		
Ashurst Wood Tennis Club			
3, 4 and 5 August	9.30am–12.30pm for under 8s and 9–11 years	£30 for the 3-day course	A 3-day course at Dormansland Tennis Club. Suitable for beginners or those who have previously played tennis. The course will culminate with a competition on the last day which will be focussed on the standards of the players who attend.
	1.00–4.00pm for teenagers		
Escots Tennis Club			
10, 12 and 13 August	12.00–2.30pm All ages	£30 for the 3-day course	A 3-day course at Dormansland Tennis Club. Suitable for beginners or those who have previously played tennis. The course will culminate with a competition on the last day which will be focussed on the standards of the players who attend.
East Grinstead Tennis & Squash Club			
23, 24 and 25 August	9.30am–12.30pm 5–8 year olds	£30 for the 3-day course	As the official squash coach for East Grinstead Tennis & Squash Club I am running an 'introduction to squash' course at the end of the summer holidays. This is suitable for those who are new to the sport or have played before. After-school squash clubs will commence once school starts again in September.
	1.00–4.00pm 9 years upwards		

About me

I am a qualified tennis and squash coach, fully CRB checked by both the Lawn Tennis Association and England Squash, a qualified first aider and hold both the Equity in Coaching and Child Protection certificates.

Schools and clubs I have worked with include:

- Ashurst Wood Tennis Club
- Ashurst Wood School
- Ardingly College
- Baldwins Hill
- Blackwell School
- Copthorne Junior School
- Dormansland Tennis Club
- Dormansland School
- East Grinstead Sports Club
- East Grinstead Tennis & Squash Club (Squash)
- Escots Tennis Club
- Fonthill Lodge
- Greenfields
- Halsford Park
- Imberhorne Upper
- Lingfield School
- Notre Dame
- Redehall School
- St Catherine's School,
- St Mary's School
- St Peter's School

My assistants are Level 1 qualified, CRB checked and have gained considerable experience working at schools and clubs in the area.

The sessions are designed for the relevant age groups. For those up to 11 years of age I teach 'Mini Tennis' which is the LTA approved game for children of this age. It is an ideal introduction to the sport and is played using specialised equipment. This specialised equipment and learning programme enables children to develop skills in the game of tennis and to keep fit whilst having fun. The ideal combination to ensuring that children enjoy sport and also lead a healthy lifestyle.

For beginners of 11 and upwards the sessions are slightly adapted to allow for their size, skills and age. I also offer a number of after-school clubs which can allow children to progress in both sports.

For more information about tennis and squash coaching, facilities and session times visit my websites.

www.AdvantageOver.com

www.LearnToPlaySquash.com

