



**BRITISH
TENNIS COACHES' ASSOCIATION
HERTFORDSHIRE**

CARDIO TENNIS COURSE

Cardio tennis is a fitness session taught by tennis coaches to players of all standards. Coaches will be taught how to structure this high energy tennis workout delivered to music through fast paced drills. At the end of the 6 hour course coaches will have :

- * Ideas for warm-ups, drill based and play based drills
- * Learnt how to use heart rate monitors
- * Learnt how to structure a cardio session effectively
- * Ideas for increasing revenue and how to include Cardio within the club programme
- * Tips on effective feeding to maximise activity

DATE / TIME	Thursday, 2nd September, 2010
VENUE	Batchwood Tennis Centre, Batchwood Drive, St. Albans, Herts., AL3 5XA
COURSE TUTOR	NIGEL LONG : PCA Coach / LTA Tutor , on behalf of UCoach
TIME	Arrival 9.15am for 9.30am start
COURSE FEE	BTCA members £25 Non-members £40

6 Credit Licence Points will be awarded to attendees
Contacts : Alison Allard 07970 775652 / Liz Beak 07870 855478

APPLICATION FORM

CARDIO TENNIS COURSE

Name : _____ Tel No : _____
Address : _____
BTCA Membership No. _____
Coach Code : _____ (must be completed for licence points)
Email address : _____ (for confirmation)

Please return this form to Liz Beak (ref BTCA Herts), 10 Dorchester Court, Mayfare, Croxley Green, Herts., WD3 3DQ, enclosing your cheque payable to 'BTCA Herts' for £ __ by Friday, 27th August, 2010.
Liz Beak's email address is liz.beak@talk21.com