

Banbury West End Lawn Tennis & Squash Club

OUR COACHING VISION:

Our philosophy in making BWE to a successful club, is to develop an inclusive, friendly and safe environment for all levels, juniors and adults, to enjoy their Tennis experience.

As coaches, we have the opportunity to pass on our passion and knowledge, to help everyone to improve and become the best player they can be.

To achieve our vision, we would:

- Implement the LTA Youth tennis programme for juniors 4 -18 years old. This programme will help to make tennis more relevant, accessible, welcoming and enjoyable for kids, which will lead to a smooth transitioning into adult tennis.
- Build a yearly tournament plan for juniors and adults.
- Provide adult beginner & intermediate group coaching.
- Work with team players to develop doubles and singles match play.
- Deliver Cardio sessions for fitness improvement in a fun and friendly environment.
- Offer individual lessons and set personal goals and targets.

Your coaching Tennis Team:

Ariadne Katsoulis

Paul Valentine

