



Weekend Tennis Breaks in Newquay

We are running 4 Weekend Tennis Breaks in 2010

3 & 4 April

26 & 27 June

17 & 18 July

14 & 15 August

Simply decide which date you wish to book on and then send your booking form and pre-course questionnaire to us (downloadable from www.heron-tennis.co.uk) and then book your accommodation. This way gives you the freedom to pick the accommodation option that best suits your taste and budget.

What is included?

Each Tennis Break will feature the following:

4 hours of group coaching per day. The sessions will include lots of drill based practices designed to improve your movement, technique, consistency and accuracy. There will also be sessions that work on improving your game through open play and some friendly competition.

Each Player will be sent a DVD of their serve, ground-strokes and volleys

Complimentary Club Membership for the weekend entitling you to free use of outdoor courts and discounted rates for Indoor Courts

Opportunities for further practice and/or private coaching if required

All coaching will be carried out by experienced, Ita qualified and licensed coaches.

Payment

The cost for the Tennis Weekend is £110 per person

A 50% deposit is required to secure your place/s with the full payment being due 30 days before the start date. (The deposit is non-refundable unless a minimum of 30 days cancellation notice is given)

Please make cheques made payable to **Ace Tennis Limited**.

Finding somewhere to stay

You will need to make your own arrangements for where you would like to stay, but we are happy to help you with this if required. Newquay offers accommodation options to suit every taste and budget, ranging from rural camp sites through to lovely 4 star Hotels. Please note that Newquay is a very popular resort and does get busy, so we recommend booking your accommodation as soon as possible.

We have highlighted below a select number of accommodation providers that we are happy to recommend and have had very good reports on.

Hotels

The Atlantic Hotel: Tel: 01637 872244 www.atlantichotelnewquay.co.uk/

Crantock Bay Hotel: Tel: 01637 830229 www.crantockbayhotel.co.uk/

Watergate Bay Hotel: Tel: 01637 860543 www.watergatebay.co.uk/

Holiday Rentals/Self-catering:

Tel: 01637 851174 or 07775 860096 www.newquayholidayrentals.com/

Camping through to luxury Holiday Homes:

Hendra Holiday Park: 01637 875778 www.hendra-holidays.com/

For information on a wide range of other places to stay as well as all the other great things going on in and around Newquay please visit www.visitnewquay.org/

How to get to Heron Tennis, Trenance Park, Edgcumbe Avenue, Newquay, Cornwall. TR7 2LZ

By coach

There are daily coaches from London and additional National Express services from Plymouth, Bristol and Manchester, which provide connections throughout the country. Contact National Express 08717 818181
<http://www.nationalexpress.com> or Travel line South West 0871 2002233
<http://www.traveline.org.uk>

By rail

Every Saturday in summer there are fast, direct services to Newquay from London, the Midlands, the North and Scotland, supplemented by a regional service with excellent connections from Par using Virgin: <http://www.virgintrains.co.uk>
Great Western and Wales and West Trains : <http://www.walesandwest.co.uk> .
Contact the National Rail Enquiry Bureau on 08457 484950.

By air

Newquay Cornwall Airport offers flights from Gatwick and several other national and international destinations. www.newquay-airport.co.uk/

By road

- 1) From Bodmin, exit A30 at Highgate Hill Junction roundabout and take the 3rd exit onto the A39 (signposted Newquay)
- 2) At Halloon Roundabout take the 2nd exit onto the A392 (signposted Newquay)
- 3) Continue forward onto the A392. Entering Mount Joy
- 4) Continue forward onto the A392. Entering Quintrell Downs
- 5) Go straight across Quintrell Downs roundabout following signs for Fistral Beach.
- 6) Straight across first roundabout and then continue down hill
- 7) At next roundabout take 2nd exit towards Newquay along Gannel Relief Road. (passing petrol station on your right after 1/4 mile).
- 8) Then at next roundabout turn right following brown tourist signs for Newquay Zoo passing boating lake on your left
- 9) Straight across 2 mini roundabouts close to each other
- 10) Pass underneath viaduct arches then take first turning on the right and then take **immediate turn** on your left into pay & display carpark.
- 11) Heron tennis is located at the far end of this carpark.

Heron Tennis Breaks 2010 Booking Form



A separate form must be completed for each applicant.

Please complete and return to Heron Tennis.

By e-mail to herontennis@aol.com or by post to Heron Tennis, Trenance Park, Edgumbe Avenue, Newquay, Cornwall. TR7 3DQ.

Please call for more information. Tel: 01637 877 555.

Name													
Age	18-30		31-40		41-50		51 plus		Gender	M	F		
Address													
Home Tel													
Mobile													
E-mail													
Please use the section below to describe your playing level/tennis experience													
I am attending As	An individual		1 of a couple		Member of the following Group:								
I understand that I need to book my own accommodation				I will be staying at:									
Please indicate here if there may be any health or medical issues that it may be helpful for us to be aware of ahead of the course commencing:													
I would like to book a place on the following course (please tick)													
1) 3 & 4 April (Sat & Sun)					2) 26 & 27 June (Sat & Sun)								
3) 17 & 18 July (Sat & Sun)					4) 14 & 15 Aug (Sat & Sun)								
I enclose the Full Fee (£100)				I enclose a 50% deposit (£50)									
Full balance is due at least 30 days prior to course date Cancellation fees: Full refund if 60 days or more 50% if 30-59 days notice and no refund if less than 30 days													
Please make cheques payable to Ace Tennis Ltd													
Signed:								Date:					

Heron Tennis Breaks 2010 Pre-Break Questionnaire



Name:

Date of Break Attending:

Activity	Please give a score out of 10 based on the importance to you	Comments
Ground-stroke technique		
Volleys & Overhead Technique		
Serving technique		
Singles Tactics		
Doubles Tactics		
Movement & Fitness Drills		
Accuracy & Consistency Drills		
Playing Competitive Singles Matches		
Playing Competitive Doubles Matches		
Playing Social Singles Matches		
Playing Social Singles Matches		
Meeting & Playing with New People		
Would you like us to arrange extra practice games outside of coaching sessions.		
Please list here anything else you would like to work on during the course:		