

The Coaching Team

Every coach at The Hampshire Court is provided by Gary Drake Tennis, specialists in tennis coaching for all ages and abilities. Gary is a former British singles and doubles champion and gained full international honours.

For further information, please visit
www.gdtennis.co.uk

Richard Sharp

LTA CCA Fully qualified coach

Richard played tennis up to National level and now has over 10 years fulltime coaching experience working in some of the most prestigious venues around the country. Richard has also taught at some of the most popular tennis holiday venues including La Manga in Spain, Vale do Lobo in Portugal and Windmill Hill Place in East Sussex. During this time Richard has taught all levels and abilities and can get the best out of everybody whilst ensuring everyone has great fun.



QHOTELS

For more information or to make a reservation call **01256 319700** or email:
hampshirecourtreservations@QHHotels.co.uk

www.QHotels.co.uk

The Hampshire Court Hotel Basingstoke, Hampshire

Centre Drive, Great Binfields Road,
Chineham, Basingstoke, Hampshire RG24 8FY
Tel: **01256 319700** Fax: **01256 319730**

All information correct at time of going to press



Hotel Group of the Year
2008 - 2009



days of expert
tennis training

The Hampshire Court Hotel
Basingstoke, Hampshire



Weekend Tennis Breaks

Join us at The Hampshire Court Hotel for a fabulous weekend tennis break where professional coaches will help to advance and enhance your game – no matter what your age or ability.

You can enjoy the full benefits of our five indoor acrylic courts and superb hotel, leisure and conference facilities.

Each course covers a variety of areas in detail, concentrating on the biomechanical enhancement of technique to maximise the overall efficiency of your strokes. To help us highlight areas for improvement, we video your play.

“We'll also challenge and change your attitude to practice radically, using extreme tactical situations to introduce innovative practice 'rules'”

To complement the tennis, we have an impressive range of leisure facilities. They include an adults-only pool, a fun pool for all ages, exercise studios offering a wide range of classes and a fully-equipped, state-of-the-art gymnasium. We also have fabulous spa treatment rooms for holistic treatments and massage.

Dinner is served on both nights in the award-winning restaurant which offers the best of British food in informal surroundings. Light buffet lunches are served with the accent on freshness and healthy eating. Our bar boasts a good selection of wines, smoothies and Costa Coffee.

The Hampshire Court offers comfort throughout from our newly-refurbished bedrooms to the comfortable lounge. Combined with friendly, efficient service in an intimate atmosphere, we can offer the perfect recipe for a relaxing break.

Courses are for a maximum of 16 participants to ensure quality tuition throughout, although larger groups can be accommodated by request.

You're welcome to come as a group or with friends and family, even if some of your group don't wish to participate – there's always the leisure facilities, gym, beauty treatment or pools for them to enjoy while you're busy on court.



2010 dates

From £325 per person per weekend.

26th – 28th February

26th – 28th March

23rd – 25th April

28th – 30th May

11th – 13th June

16th – 18th July

17th – 19th September

22nd – 24th October

19th – 21st November

Friday

2.00pm: **Arrive at the hotel from 2pm onwards.**

You're welcome to use our extensive leisure facilities or tennis courts or to enjoy a beauty treatment – but please book to avoid disappointment.

7.00pm: **Welcome drinks.**

7.30pm: **Dinner.**

Saturday

7.30am – 9.00am: **Breakfast.**

9.30am – 10.15am: **Introduction.**
what to expect on the course.

10.15am – 12.30pm: **On court.**

We'll assess your standard within five phases of play; use biomechanical enhancement of your ground strokes to produce consistency of shape and power; judge perception and anticipation factors; and go through movement drills, all within closed and game-based situations. And we'll video your session for later assessment.

12.30pm – 1.30pm: **Buffet lunch.**

1.30pm – 2.15pm: **Video analysis.**

We'll work on any aspects of your game highlighted by the video, either with closed or game-based exercises. We'll also look at the serve and return of serve, examining the technical and tactical aspects of both.

4.15pm – 4.45pm: **Free play.**

A chance for you to practice in singles or doubles games.

8.00pm: **Dinner with the coaches.**

Relax and enjoy a drink and a bite to eat in the company of your coaches and fellow guests.



Sunday

7.30am – 9.15am: **Breakfast.**

9.15am – 11.45am: **On court.**

Net play covering volley and smash, based on the twin system rules in doubles; court positioning during a point; understanding, covering and exploiting space.

11.45am – 12.30pm: **Video analysis.**

Examining court dynamics within the five phases of play and looking at basic rules on court as well as critiquing a game plan and game style.

12.30pm – 1.30pm: **Buffet lunch.**

1.30pm – 3.15pm: **On court.**

Our fun tournament – match play with ongoing tactical analysis.

3.15pm: **Afternoon tea.**

And the weekend's prize-giving.

Note: the programme can be tailored to individual and group requirements.

