



## **INFORMATION FOR JUNIORS**

**Bromsgrove Tennis Club, St Godwalds Road,  
Aston Fields, Bromsgrove,  
B60 3BW**

### **Coaches**

#### ***Head Coach***

James 07973666793

[JGTennisLtd@gmail.com](mailto:JGTennisLtd@gmail.com)

#### ***Performance and Development Coaches***

Luke 07487710447

[lukepettit@hotmail.com](mailto:lukepettit@hotmail.com)

Jas 07976970463

[jas20044@hotmail.com](mailto:jas20044@hotmail.com)

Fin 07792137730

[Fincook7@gmail.com](mailto:Fincook7@gmail.com)

#### ***Junior Tennis Welfare Officer***

Martin German 07745238103

[mrmgerman@hotmail.com](mailto:mrmgerman@hotmail.com)

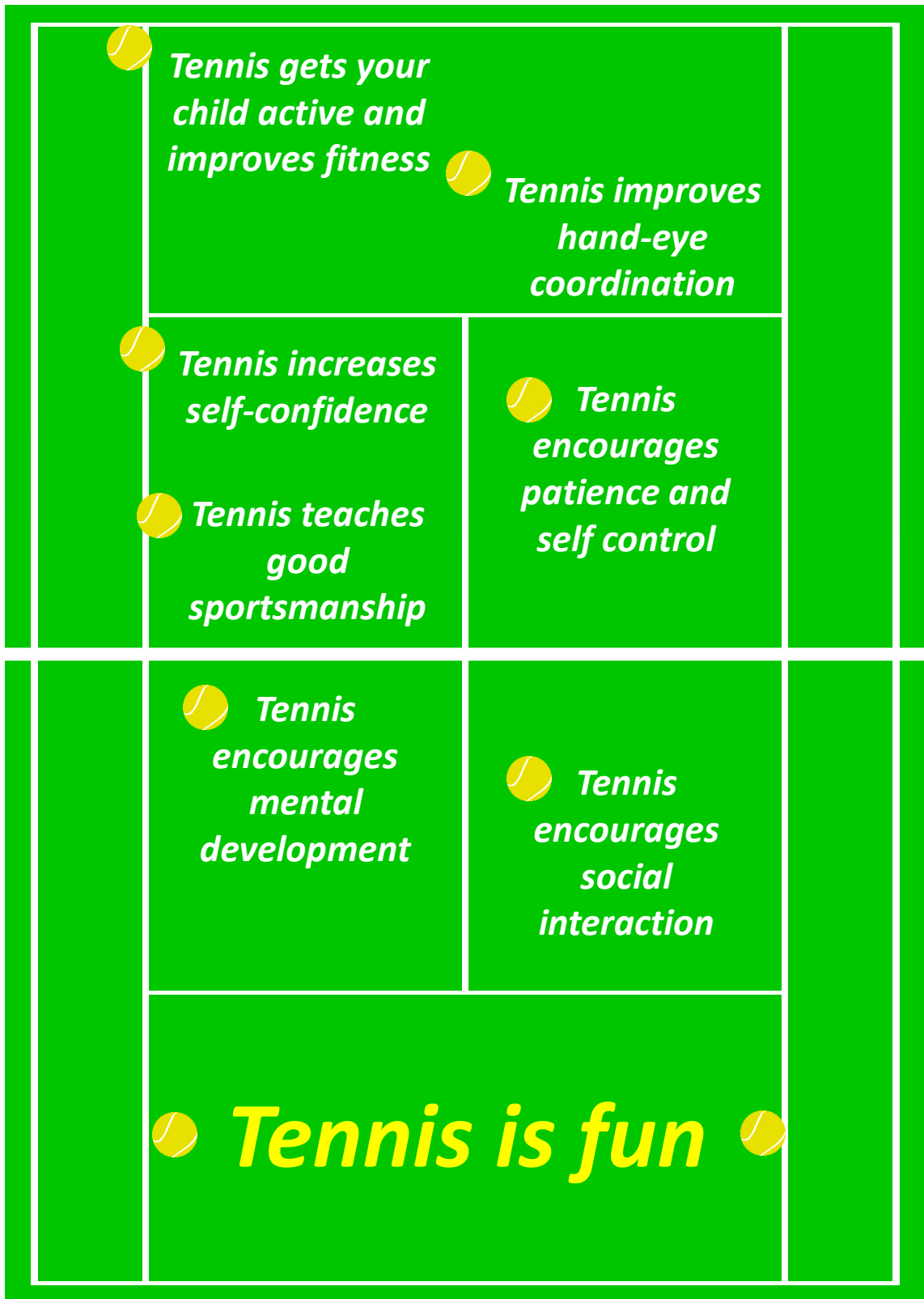
*All coaches are LTA Accredited+ (includes enhanced DBB check and first aid certification)*



**'JG Tennis Ltd'**

[www.bromsgrovetennisclub.co.uk](http://www.bromsgrovetennisclub.co.uk)

# *Why play tennis ?*



*Tennis is 'A sport for life'*



James

07973666793

[JGTennisLtd@gmail.com](mailto:JGTennisLtd@gmail.com)

***LTA Level 4 Licensed coach***

### **Coaching experience**

James has a wealth of coaching experience. He began coaching at Bromsgrove tennis club in 2009 taking on the role of head coach in 2015. Before coming to Bromsgrove he spent time coaching at Batchwood Tennis Centre, St Albans and the Edgbaston Priory Club followed by 8 years as head coach at Prestbury Tennis Club in Cheshire. James has experience of working with players of all ages and abilities, in group sessions or on a one 2 one basis, from beginners through to players who have attained a world ranking. He has also worked with the LTA helping to deliver the regional training programme.

### **Playing experience**

James has been playing tennis since the age of 6. He has held Hereford & Worcestershire county singles and doubles titles, and won the Quorn Family Tennis Cup for yellow ball in 2018. He plays for the county for his age group.

### **Claim to fame**

James has aced Tim Henman!!!!



Luke

07487710447

[lukepettit@hotmail.com](mailto:lukepettit@hotmail.com)

***LTA Level 4 Licensed coach***

### Coaching experience

Luke qualified from Warwick University in July 2012 as a Senior Club Coach Level 4. He has been coaching full-time for over 15 years. Luke originally began his coaching career at Bromsgrove before moving to Ombersley and Doverdale Tennis Club and then returning to Bromsgrove in 2017 Luke has experience of coaching of players of all ages and abilities and is happy to advise any juniors who like to become involved in local tournaments.

### Playing experience

Luke has always loved tennis, competing for Hereford & Worcester since the age of 7. He holds two senior mixed doubles titles and has played division one mens/mixed alongside regional Aegon matches. As well as coaching at Bromsgrove Luke is captain of the 10U and 12U H&W county girls' teams.

### Claim to fame

He was once sponsored by Cliff Richards!!! When he was 12 he played against Jo-Wilfried Tsonga!!!



### Racket Stringing Service

Luke provides a very prompt and reliable restringing service. Prices for restringing range from £15 to £20.



Jas

07976970463

[jas20044@hotmail.com](mailto:jas20044@hotmail.com)

## **Coaching Experience**

Jas has 11 years of experience as a full time tennis coach. He studied sports science and sports nutrition at university which included a 3 year apprenticeship at Leeds Carnegie High Performance Centre giving Jas the opportunity to work with high performing junior tennis players. Following his time at university he worked in south Leeds for 3 years as a performance coach. He is very keen to promote tennis and enjoys coaching players of all ages and abilities. He has coached at Bromsgrove tennis club since 2014.

As Jas studied sports science and sports nutrition at university he also has an interest in this aspect of tennis. Please don't hesitate to contact him if you have any questions relating to sports nutrition/strength and conditioning.

## **Playing Experience**

Jas started playing tennis at the age of 6 at Bromsgrove Tennis Club. As a junior he played at county level and while studying for his degree he represented Leeds Metropolitan University in both singles and doubles.

## **Claim to fame**

As a junior Jas took a set off Dan Evans (a former British No 2 behind Andy Murray.)





Fin

07792137730

[Fincook7@gmail.com](mailto:Fincook7@gmail.com)

***LTA level 2 licensed coach***

### Playing experience

Fin has plenty of playing experience. He has a rating of 1.1, his national ranking is inside the men's top 100 and his county ranking is 2. He has been Staffordshire county singles champion multiple times, a finalist in the 18U Junior National Tennis Championships in Roehampton, three times champion in the Torbay Open (16U, 18U and 21U) and runner up in the men's singles and mixed doubles at the 2019 Torbay Open. Fin reached the quarter finals of the Tipton British Tour Men's grade 1 event 2019 in both singles and doubles.

Fin is a hitter for the women professionals at the Nature Valley Classic in Edgbaston. He has been Stourbridge Tennis Club men's champion for 5 consecutive years and been selected to play in every men's county cup team since November 2017.

### Claim to fame

Fin defeated Wimbledon player Marcus Willis in a one set shootout. Currently, he is the youngest ever champion in men's county cup singles.



# Latest Hits!!!

The juniors have had another high achieving year with success from club level right through to national level putting Bromsgrove Tennis Club well and truly on the map. The junior players are well supported by a dedicated coaching team of James, Luke, Jas and Fin who deliver quality coaching and are committed to maintaining the standard of the junior players as some of the best in the county. As a result 12 juniors have been invited to take part in H&W county training sessions. This is a remarkable achievement!!!

- 13 juniors play for the Bromsgrove tennis club adult teams
- Claudia Bullock, Cameron Owen & Stuart Shannon won schools county titles for Bromsgrove School
- Owen Perry was voted Bromsgrove Tennis Club junior player of 2019
- Chaim Conroy was voted Bromsgrove Tennis Club most improved junior player 2019



## Strength & Conditioning



Ash Rutter runs a weekly 1 hour strength and conditioning session for junior members on Thursdays at 6 pm. Please speak to Ash if you are interested in joining this session or would like advice on strength and conditioning.

Ash Rutter 07725 581408

[ash@solidsoulfitness.com](mailto:ash@solidsoulfitness.com)

# Junior Group sessions



Course	Age group	Monday	Saturday
Mini red	4-8 yrs	4 pm – 5 pm	9 am – 10 am
Mini orange	9-10 yrs	4 pm – 5 pm	9 am – 10 am
Mini green	9 – 11 yrs	—	9 am – 10 am
Yellow ball	10-13 yrs	5 pm – 6 pm	—
Yellow ball	13-16yrs	6 pm – 7 pm	—
Yellow ball	10-15yrs		9 am – 10 am
Yellow ball	14-16yrs		10 am – 11 am (boys)
Yellow ball	12-17yrs	—	10 am – 11 am (girls)
Yellow ball	14-17yrs	—	11 am – 12 pm (boys)
Mini red	4-6yrs	—	2.30 pm – 3.15 pm
Mini red	6-8 yrs	—	3.15 pm – 4 pm

Course = 10 sessions. Cost £6/hr. Try a session for free

Any sessions missed eg due to poor weather are not charged

Bromsgrove Tennis Club is a friendly welcoming club

All ages and abilities are welcome

The emphasis during group sessions is to make tennis fun and inclusive

For more information or to book a place please speak to one of the coaches

**Please note: All players must be members of Bromsgrove Tennis Club**

**NB Juniors 8 yrs and under get free membership**

If you are not a member and wish to join the club please visit

[www.bromsgrovetennisclub.co.uk/membership](http://www.bromsgrovetennisclub.co.uk/membership)

Click on the link 'Click here to join' and follow the instructions via the Clubspark page





Bounceback Physiotherapy and sports injury clinic is located in close proximity to Bromsgrove tennis club on The Oakalls estate in Bromsgrove. We have successfully treated and rehabilitated many members of Bromsgrove tennis club and we have a wealth of experience in treating sports injuries.

Due to the expansion of the business we have just recently moved premises to allow for more space, with a larger treatment room and a reception area. The move has also enabled Caroline to welcome Suzi, a part time Physiotherapist, in order for her to offer more out of hours appointments during the week and at weekends. We have also recently invested in a shockwave machine, which we are having great results with, when treating tendinopathies, such as, tennis elbow, achilles tendinopathy and planter fasciopathy, which unfortunately a lot of active people seem to suffer from!

The treatments Bounceback Physiotherapy are able to offer clients include, soft tissue manipulation, radial shockwave therapy, acupuncture and rehabilitation advice.

### **Contact Details**

[www.physiofixed.me](http://www.physiofixed.me)

Email: [admin@physiofixed.me](mailto:admin@physiofixed.me)

Tel: 07834987549

**All abilities welcome. The emphasis is on making tennis fun.**

## Summer tennis camps 2020

21st/22<sup>nd</sup>/23<sup>rd</sup> July

28<sup>th</sup>/29<sup>th</sup>/30<sup>th</sup> July

18<sup>th</sup>/19<sup>th</sup>/20<sup>th</sup> August

Full tennis for 8-16 year olds

Time: 9 am – 3 pm

Cost: £50 for 3 days/£20 per day

Please contact James for a booking form

JGTennisLtd@gmail .com

07973666793



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[www.countysportshagley.co.uk](http://www.countysportshagley.co.uk)





# Exercise Sessions and Nutrition Advice for Club Members...

If you're looking to get in shape this winter and want to lose weight, tone up, get stronger, fitter or healthier... This might be for you.

- **Private or small group exercise sessions** designed to help you lose weight, perform better in sport or prevent injuries

- **Diet and nutrition advice** to help you lose weight, feel healthier or perform better in your sport

- **Indoor or outdoor training at the club** so you can stay fit and healthy whatever the weather

- **Adult private sessions available now** - Junior private sessions available soon

£5 off all sessions for club members

**Private sessions** - 1 x hour at £20 (instead of £25)

**Small group sessions** - 1 x hour at £10 per person (instead of £15)

Note: A minimum of 2 people and a maximum of 3 people in small group sessions

Day time and evening spaces available for all sessions.

**Contact Ash for more info:**

**Ash Rutter**

**Tel:** 07725 581408

**Email:** ash@solidsoulfitness.com

