

PORTCULLIS TENNIS CLUB

Dear Member,

Firstly I would like to introduce myself as the new Head Coach at Portcullis Tennis Club. I have been given the opportunity to work at the club and I am looking forward to meeting the members, developing the club programme and becoming an integral part of the club.

I am keen to give all members of the club a lot of opportunity, not only to be able to come down and play socially but also have access to coaching that will cater for all ages and abilities. I will also be looking to provide as many competitive opportunities to club members throughout the year.

I felt it was important to give you some background information about myself so you feel you know a little bit about me before I start my role.

I am 36 yrs old and have been involved in tennis since I was aged 12, initially as a player and now as a coach. As a junior I won the U.18 National doubles title in 1993 and reached the QF of the singles at the same event. I played full time tennis for 4yrs achieving a world ranking of 806 in singles and 450 for doubles. I have represented Oxfordshire at both junior and senior level and I continue to represent them.

I began my coaching career aged 21 and have been actively involved ever since. My first coaching role was Girls 1st Team Coach at Millfield School. I later became Assistant Director of Tennis before deciding I needed a different challenge and moved to Leeds and began working at David Lloyd. It was here that I combined working with adults and juniors along with organising a junior performance programme within the club. It was while I was at this club that I coached Anisha Rahman who was British number 2 U.12 in 2007. I also began working with Jonathan Gray who became British number 3 U.12 in 2009. I then took a role as Performance Coach at Carnegie High Performance Centre. Here I gained valuable experience working with high level U.14 juniors and I continued to coach County, National and International standard juniors. More recently I have moved to another High Performance Centre in Bolton where I am involved with coaching Performance level U.12, U.16 and Mini tennis. I combine this with working at a local outdoor club coaching adults and juniors of all ages and abilities.

In my spare time I enjoy keeping fit by running, cycling and going to the gym. Last year I ran Edinburgh Marathon and this year I was fortunate enough to run London Marathon.

I am due to begin my position at the club at the beginning of February 2012. If any members have any suggestions of sessions they would like or services that I could provide, then please get in touch.

More information about the new programme will be sent out to you in due course.

I look forward to meeting you all soon.

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