

MAIDSTONELTC.CO.UK



MAIDSTONE LAWN TENNIS CLUB
2020 - 2021

Maidstone Lawn Tennis Club



We are a thriving and friendly award-winning tennis club based in Allington, Maidstone. Everyone is welcome to enjoy our four floodlit courts. Tennis club members can enjoy the exclusive use of our club house facilities, variety of classes from beginners to elite, the chance to compete in local and county leagues, social tennis

sessions and an extensive coaching programme. Our Coaching team from 'HOTSHOTZ' are a talented group, always happy to teach, run by Head Coach Zane Cheeseman, who is ranked number 1 for Doubles over 35's in the UK (16th in the world) and Number 3 for Singles over 35's in the UK (68th in the world!)

We hope you enjoy reading our new club brochure and keep it to hand for future reference.

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@maidstonetennis

Welcome Foreword by Chairman, Richard Dawson

I welcome you all to our thriving community tennis club. The last year has been an exciting time as the club was awarded the honour of 'Kent Club of the Year' from the Kent Lawn Tennis Association for Britain and we are planning our brand new, multi-functional clubhouse.

The harsh reality of the pandemic hit all sports clubs – and our thoughts are with those who have been personally affected by Covid-19 in this devastating time. As a club in lock-down our fantastic team and members have kept the club thriving. As a non-contact sport, played in the open air we hope once restrictions are lifted the format of tennis naturally creating 'social distancing' whilst getting fit and enjoying sport will encourage all to embrace tennis once again.

We have over 200 members ranging in age from 3 - 88 years old with varying abilities. We are a friendly, inclusive, active, fun and dynamic tennis club welcoming all and have a fantastic coaching team led by Head Coach, Zane Cheeseman.

MLTC arrived at our current Allington home in 1984 (courts leased from Maidstone Borough Council) and our clubhouse has served us well, but we are finalising the build of our new clubhouse, on the same site, to extend the clubs offerings and provide well-appointed new facilities. An energizing project bringing new opportunities to the club and community.

In the future, the Kent LTA have asked our tennis club to host the Kent wide Open Day due to our Kent LTA award win. It will be a fantastic open day with players from all over Kent. MLTC has four newly refurbished courts, fully lit with access available from 8am to 10pm every day of the week 365 days a year with our clubhouse and patio enabling family members to watch.

We plan social activities for members - fun club tournaments, social events and a quiz night – and our competitively priced membership, seasonal offers and excellent family membership (outlined on our website maidstoneltc.co.uk) ensures we are accessible to a larger audience. Look at our website for full details and give us a try. Be part of a growing community of friends!



Mission Statement

At Maidstone Lawn Tennis our aim is to provide a safe and nurturing environment to inspire all of our members, whatever their age or ability, to reach their full potential on and off the court. We want them to develop a love of the game whether they play competitively or socially. As a club we continue to evolve to provide first class coaching and facilities to benefit everyone, including those in our community who are not club members. We encourage people, whatever their background, to pick up a racket and become part of our tennis family.

Maidstone Lawn Tennis Club is proud to be a British Tennis Registered Venue. This means the club has met the six minimum standards set by the Lawn Tennis Association.

The six minimum standards are:

- A Diversity and Inclusion Policy and Procedures
- Safeguarding Policy and Procedures
- An appointed and trained Welfare Officer at the club – see 'Contacts' page
- Criminal Record Checks
- Risk Assessment
- All Level 3-5 coaches are LTA accredited

Our last LTA audit said MLTC demonstrated exceeding standards set by the LTA and suggested they were within the top 5% of clubs visited. To add to this, in March 2020, we won the LTA's award for Kent's 'Club of the Year'.

Club Diary 2020

Full details of all our events can be found on our website maidstoneltc.co.uk under 'News' and we are an active club who hold regular tournaments. We normally hold a Club Tournament, including a finals day, during the Summer.

The Club final's Day is an exciting event where everyone is invited to watch the elite players at our club compete for the title of being the best, soak up the atmosphere and socialise – enjoying the most exciting time of the year, Wimbledon!

We hold an Annual General Meeting, Christmas drinks and various social engagements - such as a quiz night - throughout the year which we will resume once government guidelines surrounding CV 19 social distancing allows.

British Tennis Membership and Wimbledon

We encourage all our members to **SIGN UP** for free British Tennis Membership at Ita.org.uk which, among other benefits, enables you to opt into the Wimbledon Ballot to potentially win tickets via our club ballot and allows you to play in club league matches. Junior members aged 11 and older can opt into the ballot. There is a child membership for under 11's but they cannot opt into the ballot.



Club Information

Access to the Club House

All members (aged 16 years and over) have access to our coded club house where they will be able to make use of a small kitchen with microwave, fridge/freezer, tea and coffee making facilities and dining table. There are plenty of chairs for use on the patio area. The club house also has a toilet.



Access for under 16-year olds - please look at our website under 'Club Information'. Please wash, dry up and put away any cups or plates that you use, leaving the club house as you found it. This will ensure the club house is an enjoyable space for everyone.

Balls

Children's tennis balls (orange and red dependent on age/ability) are available in the club house, hanging in their respective bags, underneath the light token boxes on the left-hand wall. Please replace them after use. In the 'toy box' we have a variety of tennis equipment that children are welcome to use with parent or guardian supervision.

Please return all equipment used so that everyone can enjoy access to it.

We replace all balls regularly but new tennis balls can be bought from head coach, Zane Cheeseman, at £5 for a tin of four. Zane Tel: **07932 573888** or email **zane@hotshotztennis.co.uk**



Bespoke MLTC Branded Tennis Clothes

Our new, quality, bespoke sports clothing range has been designed specifically for Maidstone Lawn Tennis Club and is available online under the 'Support Us' area of the website. From juniors to adults you can buy tennis clothing to suit all weathers. They make great presents for tennis enthusiasts. To buy MLTC clothing visit our website.



Light Tokens

Richard Dawson H: 01622 725432 M: 07946 996565

Georgina Noakes H: 01622 761970 M: 07741 452276

Nick Yandle H: 01622 753697 M: 07379 103657

Tokens are £2 each for 30 mins. We need 48 hours' notice and will leave the token in a named envelope on the club house noticeboard. Put your payment in the envelope and post it in the white box on top of the fridge/freezer.

First Aid

In the event of needing to administer first aid be aware of the following:

- A First Aid box is located on top of the fridge/freezer.
- There are reusable ice packs in the freezer (wash and return after use).
- All accidents must be recorded in the accident book found on top of the first aid box.

After using any first aid equipment please contact our Welfare Officer



Anne-Marie Doyle (Tel: **01622 430122** or email **anne_marie_doyle05@hotmail.com**) so that it can be replaced immediately.

To raise any concerns over the conduct of others, junior or adult members should contact Anne-Marie. Matters raised are taken seriously and investigated with professionalism, care, compassion and support.

Recycling

We have two recycle bags in the club house, please follow the instructions above the bins and help us be environmentally friendly. Please take home all food waste. We also recycle our tennis balls and money raised is put towards new coaching equipment for the club, so everyone wins!



Membership

Becoming a member: Membership to Maidstone Lawn Tennis Club can be bought as economically as just £5 for juniors. There are seasonal memberships or options for specific needs (we have a 'cardio tennis' membership for example...) as well as the full yearly membership.

Membership forms can be downloaded from our website or collected from the club house – new people are always welcome to come along and say hello and all new adult members can enjoy a FREE tennis assessment with a HOTSHOTZ coach which is a very positive way to start your tennis journey with us.

Membership offers you access to our online booking system, the clubhouse, use of tennis equipment and a range of social and coaching tennis sessions to choose from. You are also able to invite non-member guests up to four times per year to play with you.

If you have any questions please contact our Membership Secretary, Georgina Noakes, on **01622 761970** or email **knowlesnoakes@hotmail.co.uk**.

For our latest offers including details of a 25% family discount, up-to-date membership costs and how to play please visit our website maidstoneltc.co.uk

Membership Type	Adult	Senior (over 60) or Unemployed	Student	Junior (Year 7-13)	Junior (Year 6 and under)	Cardio Only
Full Year (April to March)	£132	£93	£48	£20	£5	£15
Summer Only (April to end of Oct)	£104	£70	N/A	N/A	N/A	N/A
Winter Only (Nov to end of March)	£66	£49	N/A	N/A	N/A	N/A

Guests

Members may invite guests, who we ask pay £3.00 per visit with a maximum of four visits annually, after that they need to become a member. As a member please complete the visitor form (on the window table) and place the £3 fee in the white collection box (on the clubhouse fridge/freezer).

Non-members welcomed too!

We are a community club, happy to share our facilities. Non-members are welcome to use our courts, when they are not in use by members, for a maximum of an hour. If a member is available they will give you a voucher (found alongside visitor forms) with your time slot. Members will complete the visitor form on the table by the window and take the correct payment (adults £6 per court, juniors £3 per court) and add to the white collection box on top of the fridge/freezer.

School years 7-13 may access the courts alone, primary aged children must be accompanied by an adult, but will be charged at the junior rate.

If no-one is available, please follow the details on the gate which explains where the nearest key holder is. To avoid disappointment, please visit our website and click on 'book a court' to see if any courts may be available (only Members can book a court, but non-members can see availability).

Booking a court

Members can book a court online via the 'book a court' tab on our website. New members are sent a username and password. A guide to booking a court can be found on our website.

Online Court Booking System Rules

- Only members have access to the online booking system.
- Maximum booking two hours. If the court is not booked after this time you can continue.
- All members will be able to book courts up to 14 days in advance.
- If you are longer than 10mins late for your booking, another member can take this court.
- If you cannot make a court you have booked, please cancel it so other members have the opportunity to book the court.
- Online booking means that all members have equal access to make a booking.
- Junior members can only book a court up until 7pm. An adult may not book a court to play with a junior after 7pm but may play if others are not waiting.

Social Tennis Sessions

Our social sessions are free to all members and are held throughout the year. These are always well attended and popular with adult members of all standards.

Balls are provided free of charge and can be found in the cabinet by the kitchen, please return them after use.

Monday	10am until noon
Wednesday	10am until noon
Thursday	7pm until 10pm*
Friday	10am until noon
Sunday	9.30am until noon

*Members are asked to pay £2 to cover the cost of floodlights during this social session. Please put your money in the white box located on top of the fridge/freezer in the club house.



Tennis Club Rules

These are our tennis club rules:

- Please follow the court booking rules so that everyone gets fair access to our courts.
- Members, please ensure you have your membership tags with you at all times.
- Please wear appropriate footwear. Failure to do so can mark and damage the courts.
- Please leave mobile phones on silent whilst on court.
- No chewing gum.
- Please leave the club house clean and tidy with washing up dried and put away.
- Please lock up and make sure lights, heater and hot water are all turned off in the club house if you are the last to leave.
- Personal belongings are left at the club at the owner's risk. Lost property will be held and periodically given to charity if not claimed.
- All injuries and accidents must be recorded in the accident book located in the club house on top of the fridge/freezer.
- Hours of play are 8am to 10pm. Juniors can play up until 7pm. Please note that secondary school aged children aged 16 and under (Year 11 and under) cannot enter the club house without an adult.
- Only guide/support dogs are allowed in club grounds.
- Do not pass the door code onto non-members under any circumstances.
- Smoking/vaping is not allowed anywhere inside the club's grounds. Please also refrain from smoking/vaping right next to the courts and outside the entrance to the club.
- Please ensure your guests and any non-members that want to play are signed in correctly and pay the appropriate fee. Details can be found in this brochure and on our website.
- Please follow our court etiquette guide to ensure that we continue to be recognised as a friendly club with respectful members.
- Photos - please follow the LTAs guidance that can be found on their website.
- Failure to follow the rules can lead to your membership being suspended or terminated by the committee.



Court Etiquette Guide

Please try to follow our court etiquette guide at all times to ensure that everyone enjoys playing tennis at our club. For the Lawn Tennis Association's detailed guide to etiquette and rules please go to lta.org.uk.

- Show respect and courtesy by talking quietly if you are next to tennis courts that are in use.
- Do not walk behind a court during an active point. It is OK to pass as quickly as possible after the point has finished.
- Before starting to play, ensure any equipment you are not using, for example drinks or spare rackets are not going to be in anyone's way.
- To decide who will serve first, spin your racket on its head, let it fall to the floor, and ask your opponent to call **rough** or **smooth**. Look to see whether the tied-off strings on your racket are facing up or down, if they are up then that's **rough** and if they are down that's **smooth**. The winner can choose one of the following: - to serve first, receive first, or which end of the court they wish to start playing on. The opponent can then choose a remaining option.
- Often a ball from another court will end up on your court. To return a ball simply roll it safely to the back of the court and not directly to a player unless they request it.
- If your ball goes onto another court wait until the point has finished before asking for help to get your ball.
- The server should try to ensure they have two balls before they start playing a point to avoid unnecessary disruption during play.
- To keep a match flowing try to avoid passing a ball back directly to the server between their first and second serve as this can disturb play. If the ball is in the way feel free to move it, but you must try to play to the speed of the server which can vary depending on who you are playing.



- Line calls can be hard to see from the other side of the court so you must call your own lines, ensuring your opponent can hear you. A ball that touches any part of the line is good, so you don't have to say anything, but you could say "yes" as an acknowledgement.
- It is the server's responsibility to keep the score. The easiest way to do this is to announce the score at the beginning of each point. If your opponent disagrees, try to work it out by going back over the points. If you still can't agree the score, go back to the last point you both did agree on!
- If you are unsure as to whether your opponent's shot was in or out, call it **in**.
- Always respect the line calls of your opponent because they are nearer than you.
- If you have a disagreement with your opponent, offer a **let**. This allows you to replay the point rather than carrying on the argument. Replay the point starting at the first serve again.
- Do not criticise your partner or opponent, be positive and offer encouragement instead. This will ensure everyone has fun and enjoys playing at our club!

Match Reports by our Club Captains

From junior teams starting at eight years old, to veterans in the over 60's age group, we are proud to say we providing competitive tennis opportunities to all of our members that are keen to play and represent our club throughout local and county leagues.

The leagues we play occur on weekday evenings for Maidstone League matches and mostly weekends for Kent League and Junior matches. This year's leagues have been severely disrupted due to the Pandemic of CV19 but we will play whenever we are able to adhering to social distancing Government and Lawn Tennis Association regulations allow so please check our website with up to date information!

If you are interested in wanting to play matches whether singles, doubles, mixed or vets please contact Richard Dawson on 07946 996565 to find out more.

Contact detail for all our captains can be found on our website maidstoneltc.co.uk under Contacts.

Meet our teams and their captains:



Team Tennis (formerly Aegon) - Solène Dawson
The 2019 season went well overall with 1 win and 2 draws We finished second and got promoted to Division 1. Our objective will be to stay in division 1 in 2021. With 4 singles and 2 doubles to play, those matches are very competitive.

Kent League



Mens 1 - Richard Dawson
The Summer season of 2019 in division 3 saw us continue to play some great matches putting into practice some new techniques learnt from our team coaching sessions against really tough opposition. We came through winning two out of four matches enabling us to finish a solid mid table 3rd place.

In the winter season 2019-20 in division 3 we really excelled with a settled team for every match enabling us to top the table by winning all four matches. The team have enjoyed the challenge of playing some good opponents and now look forward to playing in division 2 next winter!!



Mens 2 - James Fraser
We compete in Division 7 and have managed a mid-table finish again this year. The team has made good progress and in a number of matches we were very close to victories. We have managed to get a regular team out over the year and have all enjoyed the challenge.



Mens 3 - Charles Harper
Having gone up 2 divisions this season, we endured a hard time. Disappointingly we finished bottom of the league. There were some hard-fought games - 1 win and 4 losses - losing 2 matches to championship tie breaks. We shall regroup and hope to secure promotion again when the winter league commences.



Ladies - Georgina Noakes
In the Kent league summer 2019 we finished 3rd in Div 4A and in the winter we finished as runners up with the same number of points as the winners Sevenoaks who had a better rubbers score!!! We would welcome new ladies who are keen to get involved in league matches.



Mixed 1 - Hervé Zilliox
The summer Season 2019 saw us playing our first full season in Division 3 after our promotion in 2018. We have had a decent season finishing mid table and maintaining our position in one of the top divisions in Kent, with some very tough encounters, narrow losses and some great wins along the way, with a settled team.

In the Winter 2019/2020, we were playing for the 3rd season in a row in Division 2, and I am pleased to say that yet again, we have managed to maintain our position in that division for another season (a record for our club, and the highest division any team has ever played in for our club!)

The winter season was riddled with injuries with key players missing key fixtures. It has been a challenge at times, but we narrowly managed to maintain our spot, having to wait until the very final results to get confirmation that our position in division 2 was secured. Well done to everybody who took part! It is always a pleasure to captain this team and I am very much looking forward to the future.



Mixed 2 - Nick Yandle

The Mixed 2nd team draws on several players with Marcela, Georgina, Cantor, Andy and Dan all playing 2 or more matches. Kerensa stepped up to the plate for us against Gravesham and Poppy played against Blackheath helping us to secure a good 3:1 win.

The other matches this winter took a similar shape to previous seasons with some very close matches which end with a narrow defeat. We had one match

left to play when the season was prematurely curtailed – a match I'm sure we would have won convincingly to cement our place in division 6A again next winter.



Midweek Mens Vets - Peter Hamilton

I captain the Over 60s Mid-week Vets in the Kent TENNISYS Inter Club Leagues Winter 2019-20 and the Men's Veterans Midweek Doubles in the Kent HEAD Inter Club League Summer 2020

The Winter league has not played all its matches yet - we have, and are currently 3rd out of 7, so I don't know about promotion.

We have done quite well this winter; the team has been strengthened by the addition of several good players who have recently retired. From a relatively small pool of players, I have been able to put out strong teams.



Mens Vets - Rob Macinnes

After securing promotion in the first season, the second season was a step up and the quality of the teams played was noticeably higher resulting in some entertaining games but no promotion. Fingers crossed for next season!

Maidstone & District League

Mens A - Andy Heath

In the 2019 summer season our team got off to a flying start and managed to win the top division with a couple of matches to spare. With a settled team we managed to win the tight games against our closest rivals to win the division again. The 2019-20 season has been blighted by the wet weather and postponements. However, with 1 game to go we top the league but only a victory will do to retain our title. Again, our main stay of 5 or 6 players has helped us currently remain undefeated.



Mens B - Cantor Mocke

It was a reasonable season for the B team with 2 wins and 4 losses and with 1 un-played. With Cantor, Rob, Herve, James (F), James (K), Dan and Andy each playing several of the matches the team might have done better, losing on sets to Horsmonden B, and taking 2 rubbers off our A team who might well have gone on to win the division.



Mens C - Nick Yandle

The C team have their work cut out in the top division, playing 5 A teams and 2 B teams, including our A & B teams. The team won 1 match and lost 7 matches, however, 3 of those losses were lost on sets. It was a bit of a dog fight at the bottom between our team, Marden and D Lloyd Kings Hill and there was a chance we would have stayed up had the season been finished. With eligibility needing careful monitoring we called on 12 different players with Haden, Roger, Chris, Phil, Andy, Charles and Nick each playing 2 or more.

Mens D – Brian Withers

The "D" team is a team where everyone gets a game. So, if you are just getting into playing matches, you're not so past it that you no longer enjoy being competitive or you just enjoy playing at a less serious level, this is the team for you. We have our ups and downs, last summer was a down – bottom of league – although still won 45% of games. Winter was better finishing 3rd in the division (54% of games) so we were looking forward to progress for this summer and then...



Ladies A - Georgina Noakes

With a very small squad of ladies we won Maidstone Div 1 (the highest you can go in the Maidstone League) in the summer 2019 and are currently second in the winter Div 1 with 2 games to play.

Ladies B - Anne-Marie Doyle

We only had 4 matches to play but unfortunately, we were unlucky with weather. We only completed one match which we lost. The next two were not fully completed due to weather. The final match was cancelled due to heavy rain. So, you could say it was a wash out.

Combi A - Richard Dawson

In the 2019 summer season our mixed team won the top division undefeated with a match to spare. We have a settled team with other key players really helping out to win some great matches against our local rivals. In the Winter season 2019-20 we continue to be undefeated with a further 4 wins and, at present, top the table with one match to play - a win will certainly retain the title. The team have been undefeated in over a year, over 11 matches - this is a great record so well done.

Combi B - James Fraser

Combi is a great format and everyone who tries it loves it! The Maidstone League are actively trying to get more clubs involved so we started the B team to give more members the chance to play. We tend to yo-yo between divisions 1 and 2 but have some great matches whoever we play - competitive but friendly.



Coaching

Zane Cheeseman set up HOTSHOTZ in 2015 with the aim of offering high quality coaching for all ages and abilities. Since then, he has built a team around him who are as passionate as him about setting a new standard of tennis coaching in Kent. Maidstone Lawn Tennis club appointed HOTSHOTZ at the beginning of 2018 and the club has benefited hugely from an exciting and engaging programme of tennis that Zane has introduced.

Zane is a high achiever and one of the best tennis players in the UK having won the national over 35's Doubles title in Tipton in February and the Elite Men's Doubles Final in the Maidstone Open 6 years in a row, he is also ranked Number 1 for Doubles over 35's in the UK (16th in the world) and ranked Number 3 for Singles over 35's in the UK (68th in the world). Zane's latest accolade has been to be nominated and shortlisted for 'Club Coach of the Year' at the Kent LTA Awards.

For further information about any of the coaching sessions including private lessons, please contact Zane at HOTSHOTZ on **07932 573888** or email zane@hotshotztennis.co.uk



Director of HOTSHOTZ – Zane Cheeseman

Level 5 Coach

Zane first picked up a tennis racket when he was just four years old and immediately fell in love with the sport. He has represented Kent, played in the British Nationals and achieved a junior world ranking playing the likes of Andy Murray along the way, and he still plays for the Kent tennis team. Now, he is passing on the baton and his passion through his tennis academy, HOTSHOTZ. Zane strives to ensure his lessons are fresh, fun and challenging for all ages and abilities, so it is no surprise that he has won a number of prestigious awards including Sports Achiever of the Year in 2016. Zane was the under 14's County Boys Team coach in 2019. In 2019 Zane completed his LTA level 5 coaching qualification, which is the highest qualification you can achieve with only 70 other coaches in the country having the qualification.



BRADLEY



POPPY



TOBY



JACK



Coaching Programme

After School





Our after-school clubs normally run on **Tuesdays** and **Thursdays** with **Saturday** club sessions too. With CV19 social distancing guidelines to follow, these may be disrupted so please check our website for up to date news maidstoneltc.co.uk Our priority is always to ensure the health safety of our members.

Club sessions are about having fun and playing games, whilst developing the skills needed to be competent tennis players. In no time at all your child will be chatting to you enthusiastically about Dead Ball, Open Gate, Jail Break, Elimination and Champions!

With brightly coloured tennis equipment which is designed to engage the children whatever their age and coaches who are passionate about getting the best from the children, you will soon see your child growing in confidence on and off the tennis court.



For teaching young children a full-sized racket and court, with high bouncing, regular tennis balls are beyond a young child and the Traffic Light System of low compression red, orange and green balls ensures that children play and learn with appropriate equipment on the right size of court. This enables children to progress through the different court and racket sizes and ball compressions at their own pace

-  LTA Red Ball scheme covers the fundamentals of tennis including balance, movement, co-ordination and basic racket skills and is played on a court not much bigger than the service boxes
-  LTA Orange Ball Players are those who have developed their skills sufficiently to move on to a larger court and develop technique, basic rules and tactics;
-  LTA Green Ball Courses look at more advanced techniques and tactics, using the mini tennis green ball on a normal size court
-  Once children have mastered all the above skills, they move on to regular yellow tennis balls and rackets

Contact Zane Cheeseman if you would like your child to enjoy a free trial. Look at our website for details of the latest coaching sessions.



Tuesday

3:45pm - 4:30pm	3-6yr olds
3:45pm - 4:30pm	5-7yr olds
4:30pm - 5:30pm	7-11yr olds

Thursday

3:45pm - 4:30pm	4-6yr olds
4:30pm - 5:30pm	6-8yr olds

Saturday

10:15am - 11:00am	4-6yr olds
11:00am - 12:00pm	7-9yrs old
11:00am - 12:00pm	10-12yrs old
12:00pm - 1:00pm	12-17yrs old

Cost

£5 for 45mins if you pay for the term in advance or £7.50 if you pay-as-you-go
£6.50 for an hour if you pay for the term in advance or £9 if you pay-as-you-go

Beginners Class

Come along and see if tennis is for you!

We welcome all adults to try tennis and see the fun in exercising this way. Whether you have always wanted to pick up a racket, want to re-start a childhood pastime or just want to try something new our Beginners Class is for you. The Beginners Class is the perfect steppingstone for those hoping to join a social session at the club or have fitness achievements in mind.

Tuesday 7pm – 8pm

Cost

Termly fee for 5 or 6 week terms

If you are not a member and would like to try the Beginners Class, you are welcome to come to the beginners classes before becoming a member. If you wish to also play socially as well as at the class we have great offers for new members that can be found on our website.

Special Educational Needs

We ensure everyone has the opportunity to enjoy the game we love. By making these sessions fun and engaging our Tuesday group has grown in popularity and we want to continue to build on its success.

If you are interested and would like further information, we would love to hear from you.

Tuesday 6pm – 7pm

Cost

£7 upfront or £9 pay-as-you-go.



Cardio Tennis

You don't even need to be able to play tennis to come and join in a Cardio Tennis session. A high energy, fun and fast-paced workout designed to burn calories and improve your fitness.

Our coaches ensure everyone works to the best of their abilities and as a result all ages enjoy this hour of cardio with music to keep you going.

Thursday 9.15am – 10.15am

Saturday 9.00am – 10am. Juniors are welcome to join in this session but must be accompanied by an adult.

Cost

£5 No need to book, just turn up, pay and workout! Cardio Membership of £15 a year is available for those who only want to do Cardio Tennis.



Tennis Camps

The holidays are for having fun and at Maidstone Lawn Tennis Club we embrace this with the HOTSHOTZ tennis and multi-sport camps run throughout the summer and all other school holidays.

The camps are a great way for children to exercise and have fun during the school break and for parents to relax in the knowledge their children are being professionally coached and cared for. For the latest information or to book a place go to hotshotztennis.co.uk and click on 'Book Online'.

Ages from 3+ are welcome.

Elite/Team Coaching

This is run once a month and is designed specifically for team players. Zane zones in on a specific area of match play that needs improvement, and it is worked on during the hour-and-a-half session.

Once a month on a **Monday** 7pm – 8.30pm

Cost: £10



Junior Tournaments

An exciting highlight of the Maidstone Lawn Tennis events calendar is hosting junior tennis tournaments. These will be open to all ages and abilities, with players from other local clubs invited to join in as well, giving our juniors a great opportunity to gain experience of playing matches.

We look forward to seeing our juniors compete at the club. Full details can be found on the HOTSHOTZ website hotshotztennis.co.uk

2020 tournament dates were planned as follows – we hope that some will still be able to go ahead but of course they depend on the CV19 guidelines so see the HOTSOTZ website for the latest news.

2020 Maidstone Tournament Dates:

13th Sept Staplehurst

11th October Horsmonden

15th November Maidstone

The junior tournaments are grouped in ability following the Lawn Tennis Association's (LTA) coloured tennis ball system.

Red Ball tournament 10am – 11:15am £6

Orange Ball tournament 11:30am – 12:45pm £6

Green Ball tournament 12:45pm – 2pm £6

Yellow Ball tournament 2pm – 4pm £8

Free Tennis School Roadshow

HOTSHOTZ work closely with local schools (including Palace Wood and Barming Primary School) running free tennis roadshows. The playground gets transformed into mini tennis courts enabling every child to experience the sport. Teachers are also encouraged to join in! Who knows, they might even discover the next Andy Murray or Johanna Konta!

If your school would like be part of the roadshow please contact Zane at HOTSHOTZ on **07932 573888** or email zane@hotshotztennis.co.uk



Junior Profiles

The junior players below have been selected by the coaches as being simply fantastic - demonstrating determination and enthusiasm all year. Here are their profiles.

Lucca James

As well as being coached, at 15 years old Lucca helps out with coaching others.

He said: "Tennis keeps you fit - it's fun to play with friends and meet new people."

Thomas Jones

Thomas says he enjoys tennis because he *"likes the challenge and has fun"*. He likes the lessons and enjoys playing with his friends.

Thomas said: "It's great when the ball goes over the net and I hit a return".



Chloe Emerson

Chloe says: "I really enjoy playing tennis because I like to be outside, whilst playing a game I find challenging but also very enjoyable."

Since I have been coached by Zane from Hotshotz, I have noticed how much I have improved over the past couple of years. Also my tennis group are all really friendly, and with the style of coaching it always makes the game lots of fun to learn and play."

Calum Emerson

Calum wrote: "I love tennis because I am really competitive and especially I like sports that involve playing with a bat and ball. Also the coaching is really good and it's helped me become a better player over the last 2 years."



Committee & Contacts

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