

WICKLOW TENNIS CLUB – COACHING PROGRAMME.

Wicklow Tennis Club and our Club Coach Peter Farrell share a common philosophy as to the value of a comprehensive coaching programme. That philosophy can be summed up as follows. Tennis players want to have fun. Fun stems from success and competence. Because tennis is such a technical game, competence can only come from top quality instruction.

With regard to **junior players**, there is no substitute for *starting right*. It is so much easier for a junior player to learn the right techniques from a young age, than to develop the wrong techniques and have to `undo` them later on. A good coach can make this learning process fun, thus helping children improve quickly and motivating them to continue to be active club members for many years.

For **adults** Peter comes from the standpoint that he will `work with what you have` - making improvements in a players game, but without going back to `square one` (unless of course a player wishes to take that route). But he recognizes that for the vast majority of adults that is not practicable. Working within the framework of the skills a player has already developed over a number of years is often the most effective procedure,

Wicklow Tennis Club takes the view that if your car is causing trouble you call a mechanic, if your heating is problematic you call a plumber, so if your serve is letting you down you should call a tennis coach! We are delighted to have Peter, and John Brady (*see right*) on board to serve the needs of our members.

FOR INFORMATION/ENQUIRIES
ABOUT THE COACHING
PROGRAMME, PLEASE CALL
PETER FARRELL ON 086 8228235.



PETER FARRELL – Club Coach.

Peter Farrell is a fully qualified coach, with 27 years experience teaching the game to players of all standards. A former Director of National Training for Ireland, he has written articles on the game which have been published in Ireland, Britain and the U.S. He has been teaching at Wicklow since 1996.

Peter is ably assisted by **John Brady**, who has also taught the game for many years. John was voted `Advanced Coach of the Year` by the Tennis Ireland Coaches Association in 1995.

