

Junior Coaching Programme Autumn 2025

Ages **11-17**

Day	Group	Time	Court	Experience	Coach
Mon	15U Dev 1	5-6pm	Carpet 1-3	Aged 11-15 Beginner/Intermediate	Keith Lancaster
Tues	16U Club/Dev	6-7pm	Clay 1, 2, 3	Aged 11-15 Beginner/Intermediate	Ethan Rouget
Wed	15U Club 1	6-7pm	Carpet 3, 4	Aged 11-15 Beginner	Ethan Rouget
Fri	15U Dev 2	5-6pm	Carpet 1, 2	Aged 11-15 Intermediate	Carla Birks
	15U Club 2	6-7pm	Clay 1, 2, 3	Aged 11-15 Beginner	Ethan Rouget
Sat	18U Dev 3	11am – 12pm	Carpet 1-3	Aged 15-18 Beginner/Intermediate	Carla Birks
Sun	13U Club	1-2pm	Carpet 1, 2	Aged 11-13 Beginner	Keith Lancaster
				Autumn 2025: 16 weeks Dates: Sept 1st – Dec 21st Sports and Toppis Club	





I**nto:** Istccoaching@arnsports.co.uk

Sports and Tennis Club



Autumn 2025 Info

We now do **not** break for the school half-terms