



Coaching

Senior Improver sessions

Organised sessions are run by a JTТА coach, once or twice weekly, aiming to combine general game improvement with fun play. Available to both members and non-members.

Junior squads

The Appleby academy runs coaching sessions twice weekly, catering for the beginner to the Elite player. Beginners can join the development squad without being members of the JTТА.

Advanced seniors

Advanced senior sessions provide members with once or twice weekly practice aimed at high level play.

Coaching fees - per term

Seniors

Senior Improvers (both sessions)
Senior Advanced (one session)

Members

£65 *
£45

Non-Members

£96
n/a

Juniors

Appleby academy Development Squad
Appleby academy Advanced Squad
Appleby academy Elite Squad

Members

£77
£89 *
£101 *

Non-Members

£96
n/a
n/a

* Deduct £5 if paid before 5th September 2011

Training times* (12th September 2011 to 9th December 2011)

* Excludes half term week of 24th October. Some dates and times may change during the term -

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|----------------------------------|--------------------------|--------------------------|
| Senior Improver | Thursday 6.15pm -7.30pm | Sunday 11.00am - 12.30pm |
| Senior Advanced | Tuesday 4.15pm - 6.15pm | Friday 6pm - 8pm |
| Appleby Elite Squad | Tuesday 4.15pm - 6.15pm | Friday 6pm - 8pm |
| Appleby Advanced Squad | Wednesday 4.15pm -5.45pm | Friday 4.15pm -5.45pm |
| Appleby Development Squad | Thursday 4.30pm - 5.30pm | Sunday 9.30am - 11am |

please see full diary for more information