

Sphynx Tennis Programme 2015

JUNIOR COACHING PROGRAMME

Friday Nights

24 April – 17 July

4.15 – 5.00pm	4-6 years
5.00 – 6.00pm	6-8 years
6.00 – 7.00pm	8-10 years

Junior Performance Squads

Every Wednesday from 22 April

U10s & U12s

5.00 - 7.30pm

Every Thursday from 23 April

U14s & U16s

6.00 - 8.30pm

JUNIOR COMPETITION PROGRAMME

Southport & District and AEGON Leagues begin
Saturday 18 April

Junior Club Tournament

July dates TBA

Southport & District Junior Tournament

Hosted at Sphynx between Monday 27th July &
Saturday 1st August

ADULT COMPETITION PROGRAMME

Adult Match Practice

Mondays 6, 13 20 April 6.30pm

Adult Southport & District League

w/c 27th April – w/c 27th July

1st Team – Division 1

2nd Team – Division 3

3rd Team – Division 6

4th Team – Division 8

AEGON Adult League

April - June

1st Team – Division 1

2nd Team – Division 2

3rd Team – Division 3

Club Tournament

Dates TBA

JUNIOR TENNIS CAMPS

Spring Break

6/7/8 April & 13/14/15 April

May Half Term

25/26/27 May

CARDIO TENNIS

FREE Taster Sessions 8th &
15th April 7.30pm then every
Wednesday from 22 April

TOUCH TENNIS

FREE Taster Session 18th
April 1pm, then every
Saturday from 25 April

THE COACHING TEAM AT SPHYNX

Chris Parkes

Head Coach

07753 143007

Available for
coaching

For all enquiries
relating to Junior
Coaching
Programmes
and camps

Sam Jalloh

Coach & Fitness

07925 056561

Available for
coaching

For all enquiries
relating to Touch
Tennis, Cardio
Tennis and
fitness training

John Baldwin

Assistant Coach

07837 206693

Available for
junior coaching

Chris Parkes - Lancashire Coach of The Year 2011

Sphynx Club - Lancashire Club of the Year 2012



www.sphynxtennisclub.co.uk