

## DKG TENNIS - DAMIAN GANGE

Hello I am Damian Gange and am responsible for the Adult Coaching at Cholsey Tennis Club.

I would like to tell you that learning or improving your tennis has never been easier, no matter your age or ability. We have a variety of tennis balls with different pressures that make them easier to hit, bigger rackets, smaller and lower nets, smaller court sizes and a more enjoyable and relaxed way of learning.



### COACHING ADULTS

In addition to one to one sessions, I presently take coaching for adults on Wednesday & Thursday evenings. We play throughout the year and ensure that we have a great laugh whilst improving our game.

My method is to teach technique, then utilise within a series of drills and implement the relevance to a game scenario. The sessions vary weekly to keep the energy and focus of the group at an optimum. Variety is key!



#### NEW PLAYERS

We welcome YOU, there is always room for more players. I offer a FREE 30 minute hit with me to ensure we can settle you into the Group best for your play and enjoyment. Groups are: Tennis Xpress, Rusty Rackets, Aspirantes or League players; we will find a Group for YOU. Do not worry about membership! I believe in 'try before you buy'

If you wish to talk about any aspect of tennis, whether it is team tennis, coaching, fitness, family tennis, returning from injury or a very long lay off, or have never played before (no matter your age and I mean that!) please call me 07825 563 300 or email: [damian.gange@gmail.com](mailto:damian.gange@gmail.com)

LTA Licensed Level 4 Senior Club Coach

Coaches all levels from beginner to performance standard

Additionally Qualified:

Cardio Tennis

Disability Tennis

Mini Tennis

Tennis Xpress

---

Coaching Costs

Individual Lessons £30 per hour

Group Lessons (more than one person) £35 per hour

(2 people £17.50 each)

(6 people £5.80 each)

(8 people £4.40 each)  
(10 people £3.50 each)

