



JAKE CARRUTHERS
TENNIS COACHING

SCHOOL TENNIS COACHING



HEY, IM JAKE!

WELCOME TO

JAKE CARRUTHERS SCHOOL TENNIS COACHING

Jake Carruthers Tennis Coaching is based at Sutton Churches Tennis Club in Surrey. We also provide after school and lunch time tennis clubs for both primary and secondary schools.

Our team of passionate, committed and fully trained coaches deliver high quality and fun tennis sessions for children aged from three - seventeen years old.

The number one goal as a team is to help children become more active. Tennis is a fantastic way of making exercise fun, exciting and a skill for life.

Our ambition is to work in schools across the country helping an inactive nation become healthier and more passionate about sport and tennis.

All of our coaches are fully qualified, insured and have attended a Jake Carruthers School Coaching Training Course.

It is my dream to bring tennis to schools across the country and help get children active and smiling. I hope you would like to be part of that journey 😊.



JC
JAKE CARRUTHERS
TENNIS COACHING



help children achieve their dreams and also help children to believe in themselves

WHY PICK TENNIS AT YOUR SCHOOL?

Tennis is an incredible sport. It is my absolute passion and it is my dream to get more children picking up a tennis racquet and playing tennis in the UK. This story of how much tennis changed my life might help you realise how amazing it is.

I started tennis at the age of 11 and absolutely loved it. I remember I would play against walls, with friends and in the garden. I wanted to play tennis whenever I could and I would drive my parents crazy asking to play every single day. It became a huge part of my life and I loved every single moment.

Thankfully with all the practice and effort came success. At the age of 13 I represented my under 18 county cup team and at 14 I won the South Of Scotland Championships. This was a huge moment for me and it gave me a passion for more success.

With help from my family I moved from a little town called Penrith to Sutton Tennis Academy at the age of 16 years old. Sutton Tennis Academy was one of the best academies in the world which combined both education at Cheam High School with a tennis scholarship. This was some of the best times of my life. I trained four – five hours of tennis per day and worked on my dream of becoming a pro tennis player.

I came very close to my goal of becoming a professional tennis player by reaching the top 50 in England for under 18's. To further my tennis career I started tennis coaching.

Here I realised my bigger passion and this was how much I love helping people become fitter, happier and healthier.

I realised Tennis is an incredible sport and it is something everyone should have the opportunity to play. I then made it my mission and dream to get as many children and adults playing tennis as possible.

My next challenge is to help enhance children's lives by giving them the opportunity to take part in tennis.

Tennis has taught me:

- 🎾 **WORK HARD AND NEVER GIVE UP**
- 🎾 **LOSE WITH RESPECT AND DIGNITY**
- 🎾 **BE A GREAT SPORTSPERSON**
- 🎾 **TRAIN TO BE THE BEST VERSION OF YOU**



WHAT CLASSES DO WE OFFER IN SCHOOLS?

We offer a wide range of classes for all age groups and abilities. All classes focus on high energy coaching and the main goal is for children to have fun playing tennis.

NURSERY TENNIS

Our team of coaches offer lunchtime and after school sessions at Nurseries. The main goal at this age is to make tennis fun and exciting for children and to let them learn to love sport. At this stage we develop fundamental movement skills such as coordination, agility, balance and basic tennis skills.

We require minimal space for Nursery coaching and our team of coaches provide all necessary equipment.



FUN



COORDINATION



AGILITY



BALANCE



PRIMARY SCHOOL

Our team of coaches offer lunchtime and after school sessions for Primary Schools. We provide tennis coaching from Reception to Year 6. The main goal at this age is to develop physical literacy and improve throwing, catching and hand eye coordination. At this age we also teach all the basic techniques in tennis and start introducing matches and mini competitions.

We require minimal space for Primary Coaching and our team of coaches provide all necessary equipment.



COORDINATION



BALL SKILLS



TECHNIQUES



COMPETITIONS



SECONDARY SCHOOL TENNIS RECREATIONAL

Our team of coaches offer lunch time and after school sessions for secondary school recreational players. We offer tennis to children from year 7-13.

The main goal at this age is to keep children engaged in sport by making the sessions social, fun and exciting. Our team of coaches incorporate high energy drills and games to keep the children active and smiling.

We offer both in school coaching and have links with local clubs where we can use the facilities.



FUN



COORDINATION



COMPETITIONS



ENERGY



WHAT OTHER CLASSES DO WE OFFER?

We offer a wide range of classes for all age groups and abilities. See below:

PRIMARY/ SECONDARY SCHOOL ADVANCED/ACADEMY

We offer a tennis academy and scholarship route. Where a coach would offer a tailored package to suit the needs of the school.



FUN



COORDINATION



AGILITY



BALANCE



TEACHER TRAINING

Our fully qualified coaches offer a 1 day workshop at your school for any staff interested in learning how to teach tennis. The training will focus on:

- Developing Fundamental Tennis Skills.
- Differentiating lessons so children of all abilities are suitably challenged
- Basic racquet skills and activities
- Basic technical knowledge
- A breakdown of competitive games and activities



COORDINATION



BALL SKILLS



TECHNIQUES



ACTIVITIES



JAKE CARRUTHERS ONLINE 10 WEEK TENNIS TRAINING PACKAGE TRAIN

This is a 10 week online tennis training programme aimed at nursery and primary school tennis players.

The sessions will be planned and delivered by Jake Carruthers and minimal equipment will be required by the schools.

The goal of the Online Programme is to make tennis fun, interactive and accessible to all children across the country.



FUN



COORDINATION



AGILITY



ENERGY



PRICING PLANS

I am proud to say my number 1 goal is to get more children playing tennis and we as a team want to make tennis affordable and accessible to all children across the country.

Therefore we offer two FREE spaces per class to children who are eligible for free school meals.

The pricing plans are individually tailored please contact us for a personalised quote.



JC RESOURCES

For all of the face-to-face classes we provide resources including sticker books and certificates.



JC MERCHANDISE

We also sell stylish merchandise that can be worn in the classes and also in leisure time.

[CHECK OUT THE WEBSITE](#)





HOW TO GET IN CONTACT?

If you are interested in our tennis packages or creating a link for your school with Sutton Churches Tennis Club then please contact jakecarruthers1@gmail.com for further details or to arrange a meeting.

Thank-you for your time and I hope I have inspired you to get more children playing tennis.

