



JAKE CARRUTHERS
TENNIS COACHING

ACTIVE SENIOR TENNIS



HEY, IM JAKE!

WELCOME TO JAKE CARRUTHERS ACTIVE SENIOR TENNIS CLASSES

Jake Carruthers Tennis Coaching is based at Sutton Churches Tennis Club in Surrey. We provide coaching for all ages and abilities.

Our latest and really exciting product we want to introduce to you is Active Senior Tennis Coaching.

The idea is to keep people as active as possible for as long as possible. The research shows that when physical activity stops this can have a huge effect on mental health and mental stimulation.

We want people to be happy for as long as possible so we decided to create a tennis

programme for communities to combat loneliness, residential homes and care homes.

The programme involves beanbags, balloons and sponge tennis balls which makes it accessible to everyone. We only need a small space and our coaches come with all the equipment needed. Our ambition is to work all over the UK helping people to stay happy and healthy longer.

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MEET JAKE

Tennis is an incredible sport. It is my absolute passion and it is my dream to get more people 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 people'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 DO THE CLASSES INVOLVE?

Our passionate team of coaches run weekly tennis sessions for active seniors. We pride ourselves in running really fun and engaging classes working on the following

- 🎾 **Coordination Development**
- 🎾 **Brain Stimulation**
- 🎾 **Hand Eye Coordination**
- 🎾 **Basic Tennis Skills**

All of these skills are really help to keep the brain stimulated and help to keep people happy and engaged.

PRICING PLANS AND HOW TO GET IN CONTACT

Pricing plans will be individually tailored to each club, council, residential home or care home based on numbers so please enquire to find out more information.





HOW TO GET IN CONTACT?

If you are interested in our Active Seniors Tennis package 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.

