



Ealing Lawn Tennis Club

Member's Map 2023

Playing Level	Opportunities within the club			
BEGINNER (New to the game)	Adult group coaching (beginner) Sunday 08:00-09:30 Coach Mili Shah (mili@militenis.com)	Cardio Tennis Monday and Wednesday	<div style="background-color: #d4edda; padding: 5px;"> <p>Wednesday evening social mix-in Wednesday from 18:00 Pre-book with Janice Coulthard: janice.coulthard@ntlworld.com</p> <p>Midweek social Tuesday & Thursday 14:00-16:00</p> </div>	
RUSTY (Returning to the game, learning)	Adult group coaching (improver) Sunday 11:00-12:30 Coach Mili Shah (mili@militenis.com)	19:00-20:00, Saturday 10:30-11:30		
CLUB PLAYER (Social play, internal club competition)	Adult Intermediate Coaching Sunday 09:30-11:00 Coach Mili Shah (mili@militenis.com)	(Wednesday 6-7pm during Covid restrictions)		
INTERMEDIATE CLUB PLAYER (Mid-lower team standard, competing at county level)	Sunday evening Team practice (winter) Sunday from 18:00 until 19:30 Organised internal practice (summer)	Pre-book with Gham Patel (coach)		<div style="background-color: #d4edda; padding: 5px;"> <p>Competitive opportunities (internal):</p> <ul style="list-style-type: none"> • Winter Singles League (WSL) • Ladders (singles & doubles) • Summer club tournament <p>Team matches (external):</p> <ul style="list-style-type: none"> • Middlesex League (summer): 6 x M teams, 5 x F teams • Team tennis (summer): 2 x M teams, 2 x F teams • Floodlit league (winter): 2 x M teams, 2 x F teams, 1 x mixed • Middlesex Cup: 1 x M, 1 x F, 1 x mixed </div>
ADVANCED CLUB PLAYER (Higher team standard, competing at Regional/National level)	Rota to run/coach the Team practice			
OTHER ADULT PLAYING OPPORTUNITIES	Book & Play Use the MyCourts booking system to book courts and pay within: Your membership category and Court Usage Policy		Individual coaching Contact Coaching Team directly for availability and prices (Can be booked within the Court Usage Policy)	
JUNIORS	ELTC Junior Coaching Programme Contact George Matheou (coach) <ul style="list-style-type: none"> • Monday-Friday after-school, Saturday morning • Holiday camps • Team matches (summer) 			