



'Creating a healthy and fair culture of competition'

DESCRIPTIONS OF JUNIOR COACHING SQUADS

MUNCHKINS TENNIS - 3-4 years of age

A fun and challenging introduction to tennis. Using a mixture of co-ordination and dexterity exercises your child will be challenged with movement, awareness of space and racket skill games to ensure that their first years of tennis are fun and memorable!

MINI RED TENNIS – 5-7 years of age

The first steps in court awareness, technical competencies and point play. **Learning the 5 Technical Fundamentals of Tennis.**

1. Watch the Ball.
2. Movement.
3. Balance.
4. Swing, Throw or Block.
5. Control of the Racket Face.

Talent I.D. will start here. Simple indicators of talent include:

Natural athleticism and ball sense
Willingness and commitment to compete and play as often as possible
Willingness to learn
Supportive and realistic parents

MINI ORANGE/GREEN – Orange 7-9...Green 9-10 years of age

Progressions of larger court between Orange and Green, this is the final transition to full court hard ball tennis. Larger degree of technical competencies using heavier tennis balls with more emphasis on the **5 States of Play.**

1. When Serving.
2. When Returning.
3. Both Players Back.
4. At the Net.
5. Opponent at the Net.

JUNIOR DEVELOPMENT PROGRAMME – Any age group

This title will be relevant to all juniors from Red through to Yellow (hard ball) players and will be numbered according to standard. More emphasis will be on match play fundamentals, including technical, tactical, physical and mental, but in a relaxed format.

JUNIOR FUTURES PROGRAMME – Any age group

This title will be relevant to all juniors from Red through to Yellow (hard ball) players and will be numbered according to standard. The programme is designed for players who play regular matches, either social or school or club team tennis, and for players who are looking to access the tennis programme or the club 2-3 times per week. This is the tier below Performance Tennis.



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JUNIOR PERFORMANCE PROGRAMME

A more personal and tailored programme for committed juniors and parents. This programme will give juniors a taste of what it is to be a tennis player. Warm ups and warm downs, routines and structures of play, time management skills and patterns of play. Along with this players will have the option of learning about stringing rackets.

Every player identified would need to commit to either 2 squad sessions, or one squad and an individual lesson per week. The hours and level of commitment should increase as they progress in conjunction with the Long Term Player Development Guidelines. Players will be required to compete regularly.

It is important to point out that talented players are not there by right, and should continue to commit to the necessary programme and show the required level of improvement in order to maintain their place in the higher level squad or team.

The proportion of players accessing these higher level squads may be small, and emphasis will be on quality rather than quantity.

WET WEATHER POLICY

Tennis is an outdoor activity, and therefore affected by the weather. Cirencester TC members' safety is paramount, and during times of heavy rain, thunderstorms, snow and ice, coaching sessions will have to be cancelled. On these occasions, the coach for the session will make the best possible decision in the interest of both players and parents and this decision will be made when possible on site. **If you have any doubts regarding your tennis session then please call Adam on 07795595294.**

Courses will be run over a given number of weeks with 2 'spare weeks' to cope with missed sessions. Regrettably, refunds cannot be given when the full course cannot be completed due to weather conditions out of our control.