

Junior Members Handbook: Southwell Tennis Club 2017 – 2018

www.ontheballcoaching.com
All the information you need!

Group Coaching Sessions:

Your child is now a junior member of Southwell Tennis Club. We currently have over 60 junior players accessing squads. Group coaching sessions run for 40 weeks of the year, with your direct debit monthly payment spread over 12 months.

Example breakdown of Bronze direct debit package:

£23.00 per month × 12 months = £276 per year - £36.00 for competitions* = £240 per year / 52 weeks = £6 per session.

If your child would like to play more than once a week in a squad session, our full range of packages are listed below:

Bronze Package:	1 hour per week	=	£23.00 per month
Silver Package:	2 hours per week	=	£36.33 per month
Gold Package:	3 hours per week	=	£48.00 per month
Platinum Package:	Unlimited per week	=	£56.33 per month

Direct debits are taken using the Go Cardless system, accessed through our website.

How much tennis should my child play?

This is entirely up to you and your child, but below is a guideline for where your child will go with their tennis based on level of training.

Training once a week: Players will develop a solid level of technique and basic tactical understanding. Players who play once a week with a natural aptitude for sport can get to a level where they can compete in junior club teams and later in adult teams.

Training twice a week: Players will develop good technique and tactical understanding. They can play all shots and have good ball control (spin, height, direction, depth and pace) which allows them to cause, avoid and get out of trouble. These players tend to represent their club throughout the junior age groups and area ready for adult tennis around 14 years of age. This level of training should allow you to be good enough to compete in at least Grade 5 competitions.

Training twice/three times a week, receiving individual lessons, competing regularly and practising away from sessions with parents and or friends:

These players have a chance of becoming county players, depending on their commitment and ability they may go onto national level. They will be extremely technically proficient and will understand the game and consequently make the correct decisions when competing. They tend to compete in Grade 4 or lower competitions and can go onto national tennis levels. They are normally good enough to play University 1st Team tennis and or Senior National Club League tennis.

The above is based on our observations of coaching tennis for over 10 years and also from interviewing several players of differing ages and training levels.

Players can access other club programmes if convenient for them and there is no suitable second squad for your child at Southwell. Simply call or e mail Chris McGill to discuss alternative squads/clubs: 07946 370513 / chris@ontheballcoaching.com

Accessing the club as Club Member

All junior members are required to be members of Southwell Tennis Club. You have access to the courts at weekends when matches are not being played, Mondays between 4pm and 6pm is a good time and also whenever the courts are free. The code for the courts is: C9763

For full information about Southwell Junior Membership please click on the link below:

<http://www.southwelltennis.org.uk>

Do any of the Juniors go on to play for the Adult Teams?

Yes, many of our junior players have played for the club teams. Our coaches are always looking for juniors to move forward to adult tennis. When they think a player is ready to participate in adult social play and matches arrangements will be made for a meet and greet.

Group Coaching Dates:

We run our squad coaching programmes for 40 weeks of the year. For 2017/18 dates please click here: http://www.ontheballcoaching.com/uploads/7/8/8/4/78841246/2017_2018_coaching_dates.pdf

Group Coaching Squads:

Please refer to website for our complete group coaching squad sessions which take place at Southwell Tennis Club: <http://www.ontheballcoaching.com/southwell-tennis-club.html>

Child Safety:

We take our duty of care for both juniors and adults very seriously at Southwell Tennis Club

No under 11's are to be left unaccompanied at the tennis club unless they are taking part in a coaching session or supervised activity. Juniors 11yrs + can be left unaccompanied at the tennis club at their parent's discretion when they, the parents, consider their child to be at an age where it is reasonable for them to be given this level of responsibility. Whilst we support and encourage juniors to arrange their own practice sessions Southwell Tennis Club and On the Ball Coaching do not undertake to provide any supervision for any child and the club and coaching provider takes no responsibility for any personal injury, loss or damage sustained by any child when using the courts on their own.

The coaches are responsible from the time a coaching session starts until the session ends. You are welcome to either stay and watch or depart. However if you do leave the Club, please ensure you arrive 5 minutes before the end of your child's session as we need to ensure each child leaving the group is allocated to a parent. If you are late for any reason, we will endeavour to look after your child; however the responsibility of collection at the allotted time is that of the parent.

New Competition Group Session:

At On the Ball Coaching we set the ambitious target of entering 20 Aegon Teams in the Notts Junior Leagues in 2018 across the five clubs we work with. We envisage 5 of these teams coming from Southwell Tennis Club. To make sure we have enough players ready for Team Tennis in 2018 we have set up a new Competition Group for players aged 11 yrs +.

Aegon Team Training Sessions:

The training camps will be age specific and are a change to meet other players of a similar age who play at the other clubs we work with. Each age group has a designated age group captain who will be responsible for the training and liaising with parents to ensure our players are ready for team competition in 2018. Boys and Girls will train together during these sessions.

Training sessions will include match play as well as tactical training drills. They are all included in your Direct Debit package and will take place during holiday times and Sunday afternoons. These sessions can be booked through the Clubspark online booking system. To book your child's place go to: <http://www.ontheballcoaching.com/junior-competitions.html>

Access to Invitational Session at The University of Nottingham

All players aged 11 years and over at Southwell TC have the opportunity to be invited to an Invitational Group which runs at The University of Nottingham for 2 hours on a Saturday 11am – 1pm. This caters for those players striving for, or are already in the County Top 10 of their respective age group.

Junior Tennis Groups Explained:

Mini Red Level Tennis 8 years and under:

It is played on small courts with short rackets and soft balls.

Mini Tennis Orange Level 8 – 9 years:

It is played with shorter rackets, softer balls and courts are bigger and wider than the red stage but still smaller than full size tennis courts. This allows for players to develop a rounded game whilst learning a range of techniques and tactics.

Mini Tennis Green Level 9 – 10 years:

This is played on a full size court, with bigger rackets and balls which are a little softer than yellow balls. It is the next stage before moving onto to full compression yellow balls on a full size court and helps players develop and improve all aspects of their game.

The age guidelines about for orange and green are sometimes only practical if players play from a young age. Players aged 9 – 11 years may start in a level below their age if they have just started the game or are struggling with a particular technique. This is to build their confidence before they go up to the next level where the court is bigger and the balls harder/bouncier. E.g. a new 9 year old player may use red balls for a while to build confidence, technique and receiving skills.

Yellow Level 10 years +:

For players aged 10+ once they have finished in the Green Mini Tennis Level. Full court, normal scoring rules and use a full compression yellow tennis ball.