

Junior Members Handbook: The University of Nottingham Tennis 2017 – 2018

www.ontheballcoaching.com
All the information you need!

Group Coaching Sessions:

Your child is now a junior squad member of The University of Nottingham Tennis! We currently have over 30 junior players attending these sessions. 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 x 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. We are looking to add a training session in Spring 2018 so players can play more should they wish.

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

Players can access other club programmes if convenient for them. Simply call or e mail Chris McGill to discuss alternative squads/clubs: 07946 370513 / chris@ontheballcoaching.com

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 are 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.

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 The University of Nottingham Tennis: <http://www.ontheballcoaching.com/uni-of-nottm-coaching-programme.html>

Collection of child at end of Group Squad Session

We take our duty of care of juniors at The University of Nottingham very seriously.

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.

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 The University of Nottingham have the opportunity to be invited to an Invitational Group at the University 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: 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.