

HOOLE LTC - JUNIOR CLUB PROGRAMME 2010

Dear Member,

Welcome to the new Tennis Season! As ever, we have an action packed programme of fun events and activities planned again for you this year. Whether you are interested in competing, receiving coaching or just playing socially, there is something here for you to enjoy.

Can I start by congratulating all of our players for performing so well in 2009. The highlights of last year's team events include winning the Chester U16 & U14 League, being runners-up in Division 1 of the Wirral U10 League, group winners of the Aegon U18 League and semi-finalists in Boys U18 Monkhouse Shield. There were also some fantastic individual performances. In particular, Katie Merrick reached the semi-finals of the Girls Under 10 County Championships, losing narrowly 5-3 to the eventual winner. Hayat Leung, only 6 at the time, reached the quarter-finals of the Under 8 Mini Tennis Red County Championships. There have been further successes with Richard Drummond and more recently Jamal Rizvi, and Saleem Rizvi winning LTA Grade 4 & 5 Events. Hoole LTC also had seven junior players competing in the Cheshire County Junior Championships last year. Well done to all of you and keep it up again this year.

Before I detail all the activities taking place this Summer I would like to introduce a couple of colleagues of mine who you will hopefully get to know this Summer. Most of you will already have met Liam last year (07816 784294), who will be working in particular with the younger gifted Mini Tennis players on a one to one basis and assisting me with some of the team coaching. The club now has a Junior Coordinator, Sarah Rizvi (01244 314766), who will be busy helping me organise the teams and keep you informed of their progress through the season. She will also tell you about any forthcoming events or activities via the club website and junior notice board. Lastly, Sarah has an important role in feeding back any suggestions or concerns you may have regarding the tennis programme to myself and the committee, so please let your views be heard.

Have a fantastic season.

Berin Ames

Hoole LTC Head Tennis Coach

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SUMMARY OF JUNIOR ACTIVITIES AT HOOLE LTC

Social Play

Junior Club Nights

The very popular Junior Club Nights will start on Friday 16 April and finish on Friday 24 September. Due to the popularity of the Junior Club Nights the times of attending have been changed as shown below:

Time	School Year Group
4:30-6:00pm	3-5
6:00-7:30pm	6-9
7:30-9:00pm	10-13

The changes should give you the opportunity to play Singles and Doubles with players of a similar age and ability level and spend less time waiting for a court. Should there be sufficient space you may be able to attend one of the other age groups at the discretion of the coach running the session.

Once again this year you will be able to play table tennis and get sweets/drinks from the tuck shop.

Family Days

It is planned to run 4 family days through the Summer Term on a Sunday 2:30-4pm (16/23 May, 20/27 June) where you can bring your parents/brothers & sisters along and enjoy some FREE informal tuition from Liam.

Match Play

Junior Box Leagues

Aimed at junior team players and Mini Tennis players in Challenger and Performance groups, the Box Leagues will provide you with the opportunity to improve your LTA Rating. Players are grouped according to their age and ability. The Box Leagues start on Sunday 25 April from 4:00-6:00pm and will run for 10 weeks to 11 July (excluding 30 May & 6 June). The entry fee is £5 per session. To register your interest in taking part you will need to e-mail me with your BTM Number, which you can get on-line through the LTA Web Site. I will assign you to a box and inform you of your match dates.

Road to Wimbledon

Hoole LTC is holding an Under 14 Boys Singles Closed Event on Sunday 23 May 10am – 2pm. There is an entry fee of £5. The winner of the club event will go forward to the Cheshire County Finals for a chance to go on to compete in the National Finals at Wimbledon.

Local Leagues

Junior team players will be considered for selection to represent the club in the Chester, Wirral and Aegon Leagues. Some of the older and more advanced players may also have the opportunity to represent the adult teams.

LTA Sanctioned Tournament Event

Hoole LTC will again be hosting an LTA Sanctioned Tournament Event during August, details of which will be put on the notice board.

Coaching

Team Coaching

Team coaching for the Elite Squad will start on Wednesday 14 April from 7-8:30pm. Team coaching for the Under12/14 team players will start on Saturday 17 April from 3:15-4:45pm & Under16/18 team players from 4:45-6:15pm. The cost for team coaching will be £42 for a block of 6 sessions, payable in advance. There will be no training around the Whitsun School holiday (29 May -6 June). Team coaching for all age groups will resume from 9 June.

Mini Tennis Coaching (5-10 Year olds)

The club runs three progressive levels of coaching programme from Development to Challenger to Performance to meet the differing aspirations and skill level of players. Those players on Development Courses receive small group coaching once a week to improve skill levels using a fun-based games approach. Those players on Challenger and Performance programmes receive a mix of group coaching, individual tuition, fitness training and year-round match play. I would like to thank Minchin Fellows for their generous sponsorship of the programme.

Junior Coaching Courses

There are a range of courses during term time and the school holidays suitable for all ages and standards of play. To help you decide on an appropriate level of course I have given a brief description of each below. **Further details of the courses can be found on www.hooleltc.co.uk and on the junior noticeboard.**

Mini Tennis Red: This is the first stage of learning to play tennis with the activities designed for 4-7 year olds. The emphasis is on developing core skills to improve movement and ball control. Players are taught basic playing techniques, how to rally and are introduced to the rules of the game. There are also some fun competitions.

Mini Tennis Orange: Players who are competent at rallying in a Red Court are encouraged to progress to Mini Tennis Orange with the use of a larger court, higher bouncing ball and longer rackets. The emphasis remains on developing movement, ball skills and improving racket control/technique.

Mini Tennis Green: Players who have become competent in the range of strokes, including over-arm serves, on an Orange Court and who have developed an understanding of match play are ready to move to Green level. This game is the last progression before moving to full tennis. Played on a full size court with slightly lower compression balls, players can more easily develop a good technique. There is more emphasis on competition and the tactical side of the game at this stage.

Intermediate Tennis, suitable for players aged 11 to 16 years more technically competent at carrying out the strokes of the game and with some understanding of match play. Players receive instruction on developing more advanced techniques with a greater emphasis on learning tactics for match play.