

WICKLOW JUNIOR TENNIS PROGRAMME

SPRING/SUMMER 2012

The spring programme continues w/c 23rd January and runs to the end of June in line with the school term.

The programme is open to all members aged from 4 to 16 years

Children who were in the pre Christmas classes will continue on the same day and time unless they have requested otherwise. These children do not need to re-register.

Those wishing to join now will be integrated into a group with players of a similar standard.

The main emphasis on this course will be DEVELOPING AND CONSOLIDATING SOUND TECHNIQUE AND TACTICS WHICH WILL ALLOW THE PLAYER TO COMPETE EFFECTIVELY IN BOTH SINGLES AND DOUBLES.

We are conscious that all children develop at different speeds and learn in different ways and our programme is designed to cater for this. For the younger ones we focus in developing key motor skills such as balance, movement and co-ordination as well as racket skills.

The International Tennis Federation (the world governing body for tennis) has created and implemented an exciting and practical and new format for children playing tennis. Tennis is played with appropriately sized courts and equipment. **Wicklow Tennis Club** is at the forefront of this development. All Junior Coaching is carried out using this system. The 'RED' ball is for players up to 7 years of age, 'ORANGE' ball for players up to 9 years of age and 'GREEN' for players 10 years or over.

COURSE COMMENCES: Week beginning Monday 23rd January . Players have a choice of attending one of three days...(Monday, Tuesday or Thursday).

COURSE RUNS FOR: 18 weeks - there are three modules of 6 weeks – Jan/Feb, Mar/Apr and May/June.

CLASS DURATION: one hour.

DAYS AND TIMES: Coaching will be held on **MONDAY, TUESDAY** and **THURSDAY** afternoons & early evenings.

PLAYING STANDARD: All standards. You will be in a group of players of a similar standard to yourself.

AGES: Please note that this programme is open to all junior members aged from four to sixteen years. Juniors aged 4 to 7 will be playing MINI TENNIS – Red Ball. Juniors aged eight and nine will be playing MIDI TENNIS – Orange Ball. Juniors aged 10+ will be playing Green or Regular Ball

FEES: €45 per module of six weeks – there are three modules.



COACH: COACH

John Brady – Tennis Ireland Advanced Coach of the Year 2005/6. Member of Tennis Ireland Coaches Assoc, European Registry of Tennis Professionals, USTA Sports Science Certification and SAQ INTERNATIONAL Certification (Speed, Agility and Quickness).

TO REGISTER:

- 'phone/text John: 086 2596965
- Email John: johnbradytenniscoach@hotmail.com

TO GET YOUR CLASS TIMES:

John will text or email you on Friday 20th January.

NOTES..... 1.If you are worried about the weather conditions before or during the lesson, please discuss with John.

2. If your child has a medical condition which you feel John should be aware of, please contact him to discuss in confidence.

3. All players are asked to bring a drink each day.

FREE.....FREE.....FREE

JTN, the new 'Junior Tennis Number'. Players will be assessed using the new rating system and will receive an official certificate as part of the programme. There would normally be a charge for this assessment.

1. We have introduced on – court assessment for junior players. This assessment fully compliments the ITF initiative. It measures the player's success in hitting basic strokes and also their mobility.
2. There are four grades within each category and players can achieve a rating of 1, 2, 3 or 4 – one being the highest. Each player receives a certificate showing their achievement.
3. This enables players and parents to measure improvements. It highlights player's strengths and it points to areas that can be improved. These assessments will be continuous.

Sample of certificate.

