

## **Solihull Arden Club - Junior Tennis Coaching Programme**

There are tennis opportunities for all ages from "Tots" to "Teenagers". Ages are only indicative as players will progress according to ability. **A fully LTA qualified tennis coach is on hand at every session.**

### **Mini Tennis Tots**

From September 2010 the Club is starting sessions for nursery age children (3-4 years) that aims to provide the foundation skills to develop movement, balance and coordination. These are "fun" sessions that will enable children to learn and develop basic skills through play.

### **Mini Tennis Red (8 and under)**

Played on a small court with short racquets and "soft" red balls. The aim here is develop the basic racquet skills in a fun environment. The children progress to playing short matches in individual and team competitions.

### **Mini Tennis Orange (9 and under)**

Played on a smaller court with a lowered net and a "slower" orange balls. The aim here is to further develop racquet and hand eye coordination skills in a tennis court environment. Again children are encouraged to play short matches both in individual and team competitions.

### **Mini Tennis Green (10 and under)**

Played on a normal size court but with a slightly softer "green" ball. Again technical and tactical abilities will be developed particularly as strength and skill levels improve.

### **11 and Over**

At this age players will be using the whole court and conventional tennis balls. Sessions are arranged both on a social and competitive basis.

### **When can you play**

On Saturday's – school term time only – **Family Community Tennis**

You do not have to be a member of the Club to take part in the Saturday sessions.

8 and under	12:15pm to 1pm
10 and under	1pm to 2pm
Players aged 10 and over	2pm to 3pm
8 and under match session	1pm to 2 pm
10 and under match play session	2pm to 3pm

Session costs £3 for non members and £2 for members. Bring a friend!

### **Parents don't just sit and watch**

Whilst the children play, adult sessions run for all abilities.

Sessions run from 12pm to 1pm and 1pm to 2pm.

Session costs £3 for members and £4 for non members per hour.

### **Members Junior Night - Fridays – term time only**

Mini Tennis Red players:	4.15pm to 4:45pm
Mini Tennis Orange and Green:	4:45pm to 5:30pm
All players over 10 years old:	5:30pm to 6.15pm

All Club members welcome and it is free!!

### **Elite and Performance Squads**

Introduced in April 2000, the Club runs an LTA accredited Tennis Performance Programme which at present provides coaching for over 150 juniors. This is headed up by Gary Naughton, Solihull Arden's Head Performance Coach, and has over the past few years produced more than ten nationally ranked players. Once players of any age have grasped the basic skills they are offered the opportunity of joining the Performance Squads. All players involved in these squads are required to join the club after an initial six month period.

**For further information on the Junior Tennis Programme contact Alison Isaacs, our Tennis Manager. Alison co-ordinates the needs of our Club members.**

**You can contact Alison on 01564 771590 or 07846 756264, or e-mail at [alisonisaacs@hotmail.co.uk](mailto:alisonisaacs@hotmail.co.uk) .**