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| RLTSC TENNIS SCHOOL DETAILS  Joining the RLTSC Tennis School is a great way to introduce children of all ages and abilities to the game of tennis. Group sessions are a great way of creating a fun and competitive environment to maximise learning. The coaching team at RLTSC are able to ensure juniors ENJOY their tennis, LEARN the game and eventually COMPETE.  Here are a few reasons why we can ensure effective development;   * We will assess each child individually to ensure they are put in the correct group * We will keep track of their progress through goal settings and criteria given to each group * We will arrange a termly parents evening to offer feedback and suggestions * We will be giving rewards if players achieve certain targets * We will be choosing a ‘PLAYER of the MONTH’ who will be chosen on things such as improvement, effort, sportsmanship etc. This will be displayed on the club’s junior notice board * We will constantly monitor progress and move juniors to different groups if required. * We will endorse the LTA FAIRPLAY values (see back page) | |
| MINI TENNIS  **Most sports have now adapted a ‘mini’ version including, football, rugby and cricket. This enables the development of young players in appropriate learning environments. Played on smaller courts, nets and rackets and lower bouncing balls, Mini Tennis offers a great introduction to tennis for children aged between 2 and 10, with all the fun and energy of the real thing. We run 3 stages of mini tennis at RLTSC; red, orange and green. This tailored approach enables players to develop vital skills and techniques at an early age.**  RED: Mini Tennis Red is for players aged 8 and under. It is played on small courts with short rackets and soft, red balls. It’s just like the real game and gives players opportunities to have long rallies and play different types of shots. Red balls are also used for our TOTS session. See overleaf for the different levels of RED sessions available at RLTSC and what they will learn.  ORANGE: Mini Tennis Orange is a great way for players to continue their progress from Mini Tennis Red and is for players aged 8 and 9. 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 allowing players to develop a rounded game whilst learning a range of techniques and tactics. It is the next stage before playing on a full sized court and helps players develop different shots and tactics.  GREEN: Mini Tennis Green is for players aged 9 and 10 and a great way for players to continue their progress from Mini Tennis Orange. It is played on a full size tennis court, with bigger rackets and balls which are a little softer than yellow balls. It’s the next stage before moving on to full compression yellow balls on a full sized court and helps players develop and improve all aspects of their game. | |
| JUNIOR TENNIS  Junior tennis is for players 11 and over and is played on a full size court with standard yellow tennis balls. In addition to structured sessions, yellow players will have the opportunity to play in monthly match plays at the club in order to develop and achieve a higher LTA rating/ranking. The RLTSC tennis school runs sessions in age groups (SQUAD) and then we progress players into the TEAM sessions and if they reach a very high level then they will be invited into our new PERFORMANCE programme.  For further details feel free to contact the coaching team on 07731 823397 or coaching@rltsc.co.uk | |