

BRAID LTC
JUNIOR NEWSLETTER
(RICK BAKER – JUNIOR CONVENOR)

APRIL 2011

Junior Members/Parents,

Hey Guys - SPRING IS HERE!!

Having been cooked up for a very long winter (with lots of snow!), I am sure you are all bursting to get back out on court in the coming few weeks and months ahead.....here's hoping for a great spring and summer of tennis for all you budding Andy Murrays and Maria Sharapova's! ☺

Of course, as you may know we have our fantastic **new courts** to play on, as over the winter we spent a lot of money in having our old ones dug up and replacing them with new courts (with new colours) – we feel sure you will like them if you haven't already played on them yet! ☺

JUNIORS – 2011 SEASON

After another great year last year where we had a lot of kids on court throughout the year, (one Sunday coaching session had a total **22 players** on court!) I am looking forward to getting our Junior Coaching under way again very soon (see below) and feel sure that lots of our existing members, and of course our new members (welcome to Braid!), will be looking forward to getting involved in the **Sunday** coaching activities.



I am delighted to announce this year that we intend to separate out the coaching into more 'ball colour' focused groups in line with Lawn Tennis Association (LTA) standards, with club coach Ross Collinson taking charge of each session as laid out below.

JUNIOR COACHING – STARTS SOON – TAKE NOTE!!!

JUNIOR COACHING – Dates for Diaries!

The junior coaching (free to all junior members) will be starting up again on the following date and will run for **10 weeks until the end of June** when the schools break up for summer (**EXCEPT SUNDAY 5th June due to courts being needed for Boys U18 Match – I will email nearer time anyway**);

SUNDAY 17th April 2011

3.15pm – 4pm : Red Ball Mini Tennis (for children aged 7 and under)

4pm – 5pm : Orange Ball Tennis (for children aged 8 to 10/11 years old)

5pm – 6pm : Green and Yellow Ball Tennis (for children aged 11 and up)

NB - Please take note of your allocated time and age group as this way you will make the most of your free tennis coaching from the club. There will of course be some crossover here and there depending on age/ability at the different levels but specifically, there should be no players aged 7 and under playing Orange ball. It is very important for younger kids to play Red Ball at a young age as this ball (very low compression and bounce) helps develop better ground strokes and technique as the kids grow older.

There is more information below on why we (and all other tennis clubs) adopt the LTA guidelines for coaching our juniors. Please take the time to read and understand which group and ball your child should be playing with for this coming season.

RED Mini Tennis

In line with the LTA coaching development guidelines, players **8 & Under** (Born 2003 or later) should use these balls which are low compression and help kids develop better technique and stroke where this ball bounces at the correct height and speed. These balls will be used on a **small court** (1/4 size of full court) using **Mini Tennis nets** – see below. If you are in this age bracket, then get ready for some serious fun with these balls! ☺

ORANGE Tennis Balls

The LTA orange ball should be used for kids who are ready to move on from red balls and generally speaking kids age **10 & Under** will benefit hugely from using this ball, which is used on a **¾ size court (full net)** and again the compression (bounce) of the ball is perfect in developing the future stars of

our club! If you are in this age group prepare to see your game come on leaps and bounds with these balls! ☺

GREEN Tennis Balls

Green Balls are used by players on a **full sized court** for one year or so before they move onto the full 'adult' yellow ball. Again in line with LTA coaching and development strategy this ball is used by players around **12 and under** level and by the time kids reach S1 at school they should be playing with the yellow ball. Ability and experience comes into play with this ball where a child who is a good player may be on the yellow ball by P7 school year. If you are in this age group and are around **10-12 years old**, your game will improve with this ball bringing on your ground strokes, volleys and technique big time! ☺

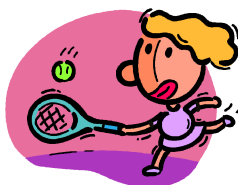
Mini Tennis Nets

Mini Tennis nets will be used by the future Andy Murray's of the club at **Under 8 level**.....high 5's will be a common feature when these little nippers start blasting away over the LTA approved net which is perfect for Mini Tennis Junior development with **Red** balls as outlined above.



AND FINALLY.....

I'm really looking forward to helping **ALL the Juniors** in the coming season and if there is anything that you guys feel would help you as Juniors, then please just yell out to me or tell your parents and they will tell me!! ☺
See you in a couple of weeks at Coaching!



PARENTS - My contact details are below, as are Ross Collinson's (Club Coach)and please feel free to get in touch with any ideas or proposals which you or your children may have about the Junior section as we move forward through the year. One final thought.....print this and let the kids read it themselves - ☺ Happy Tennis folks!

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