

**JUNIOR PERFORMANCE TENNIS COACHING PROGRAMME**  
**Mon 8<sup>th</sup> April – Sat 20<sup>th</sup> July 2024 (14 Weeks)**  
**(excluding May half term)**

At LLTSC, our coaching programme aims to encourage as many youngsters as possible into the game and to equip them with the knowledge, skills and enthusiasm to achieve their full tennis potential. The Performance Squads are an opportunity for the best players in the club to take things to the next level, by practising together in a team environment with the objective of achieving a higher level through greater commitment and expectation.

The programme is led by LTA Level 4 Performance Coach Miguel Espada, who is supported by LTA Level 4 Coach, Jamie Taylor and Ed Aveyard. Players are expected to be fully involved in their own club programme by training ideally 2 to 3 times a week and represent LLTSC in team or individual competitions. Fitness is a key feature of the training programme and because of that, we will equip players with a comprehensive training routines and fitness tests.

Performance is about setting a standard which can be achieved through the quality, intensity, work rate and attitude of a good, individual player. The commitment, enthusiasm and success of individual players will help to achieve a good bond and lead to a successful programme.

**For information on how to become a performance player contact Miguel for an assessment session on 07704 603969 or [espadasports@hotmail.com](mailto:espadasports@hotmail.com).**

**The Performance Programme:**  
**Mini Tennis 10&U (Tier 1)**

DAY	TIME
Tuesday	4:00– 5:15PM
Wednesday	4:00 – 5:15PM
Thursday	4:00 – 5:15PM

**Mini Tennis 10&U (Tier 2)**

DAY	TIME
Monday	4:00-5:15PM
Friday	4:00-5:15PM

**Junior Team 15&U (Tier 1)**

DAY	TIME
Tuesday	6:30-7:45PM
Thursday	6:30-7:45PM
Saturday	9:45-11:00AM

**Junior Team 15&U (Tier 2)**

DAY	TIME
Monday	5:15 – 6:30PM
Tuesday	5:15 – 6:30PM
Wednesday	5:15 – 6:30PM
Thursday	5:15 – 6:30PM

**Club Team 17&U**

DAY	TIME
Saturday	11:00AM-12:30PM

For further information, please contact Miguel Espada on 07704 603969 or [espadasports@hotmail.com](mailto:espadasports@hotmail.com). Alternatively, you can contact Jamie on 07725 886714

### APPLICATION DETAILS

Name		Date of Birth		Male <input type="checkbox"/>	Junior Member <input type="checkbox"/>
				Female <input type="checkbox"/>	Non-Member <input type="checkbox"/>
Course Name		Course Day/s (please 'X')	M <input type="checkbox"/>	T <input type="checkbox"/>	W <input type="checkbox"/>
			Th <input type="checkbox"/>	F <input type="checkbox"/>	S <input type="checkbox"/>
			Ranking/Rating		
Course Age Group (please 'X')	Mini Tennis <input type="checkbox"/> Junior Team <input type="checkbox"/> Club Team <input type="checkbox"/>				
Address					
Postcode					
Mobile					
Email					
Emergency Contact Details (Name & Number)					
Any Medical Conditions					
Child's School					
Payment Amount (£)					

## TERMLY PRICE LIST:

1 SESSION / WEEK = £140

2 SESSIONS / WEEK = £224

3 SESSIONS / WEEK = £294

4 SESSIONS / WEEK = £364

SIBBLING DISCOUNT = 15% OFF THE TOTAL AMOUNT  
(example: £224 + £224 = £448 – 15% = £381)

**BANK DETAILS: ESPADA SPORTS 20-48-08 93508226**

**Leamington Lawn Tennis and Squash Club aims to:**

- Provide a safe environment for all people taking part in activities at the club
- Ensure that all those leading activities are licensed by the appropriate authorities

**If signing as a parent on behalf of a child, I will:**

- Agree to my child taking part in the above activity
- Agree to my child being treated by a qualified First Aider at the Club if necessary
- Ensure that my child will behave responsibly whilst on club premises
- Remove my child from the activity if requested by an authorised club representative
- Make suitable arrangements at the end of the activity to ensure the safety and security of my child

**Terms and Conditions**

- **The courses have min/max numbers and players will be contacted if places are unavailable**
- **The club reserves the right to cancel any group if the numbers are not sufficient for it to run**
- **Junior sessions may be cancelled in case of inclement weather. Please arrange a catch up lesson with the coach in charge (no refund can be offered or transfers to future courses)**
- Payment for each course MUST be made prior to the start of the course. Courses book up quickly, so please fill in an application form, accompanied by your payment, to guarantee a place.
- If pay and pay is applied due to a one-off session or a student withdraws before the end of the course, the following rate will be applied per session: 75 mins session = £12 OR 90mins session = £15. In extenuating circumstances, please contact Miguel.
- Additional £1 late joining fee will be applied per lesson left in the course.

**Signed** \_\_\_\_\_

**Name** \_\_\_\_\_

# LLTSC LONG TERM DEVELOPMENT PROGRAMME

**Technical & Tactical Development:** (A: Efficient, B: Nearly There, C: Getting There, D: Nowhere Near)



## When serving:

Player is visibly working on going through the check list

A B C D .....

Player is working on a slice or top-spin serve

A B C D .....

Player is visibly working on legs drive

A B C D .....



## When returning:

Player is working on a consistent contact point and short backswing

A B C D .....

Player is visibly working on routine & split steps

A B C D .....

Player is visibly working on attacking/placing soft second serves

A B C D .....



## When both back:

Player is working on consistent ground stroke shapes

A B C D .....

Player recognises when to stay in the point & build

A B C D .....

Player recognises when to attack or finish

A B C D .....

Player is working on feet placement split steps & recovery

A B C D .....



## When approaching or at the net:

Player is working on volley grip & simple contact points

A B C D .....

Player is developing soft hands

A B C D .....

Player is visually working on feet-hand coordination

A B C D .....



## When opponent is approaching or at the net :

Player is attempting to force mistake

A B C D .....

Player is trying to pass opponent with timing and accuracy

A B C D .....

Player can counter-attack or defend with a lob

A B C D .....



## Mental development skills/qualities:

Player understands how to train and follow instructions

A B C D .....

Player shows enthusiasm and enjoys the challenge in training/competing

A B C D .....

Player has the ability to do an accurate self-assessment after training/competing

A B C D .....



## Fitness Development:

Strength A B C D .....

Power A B C D .....

Agility A B C D .....

Endurance A B C D .....

Flexibility A B C D .....



## Next Term's Goals

1. ....

2. ....

## Tournament Planner

Use this grid to plan out your tournaments for 2022/23. Ideally you will be looking to play 6 to 12 open competitions per year:

April				May				June				July				August				September			
October				November				December				January				February				March			