



# Junior Tennis at MLTCC

**Monday 28<sup>th</sup> November**

**Gillian MacNicholas**

**Denise Curtis**

**Jim Watt -Director of Coaching**

# Agenda

- Introduction Gillian
- Junior Coaching Programme Jim
- Overview of Current Junior Activities Gillian
- Plans for 2017 Gillian & Denise
- Questions/Discussion/Suggestions All

# Introduction

## ▶ **Objectives for tonight**

- ▶ Open Discussion
- ▶ Outcome of Survey
- ▶ Update members on current activities
- ▶ Generate Ideas
- ▶ Get Your Support

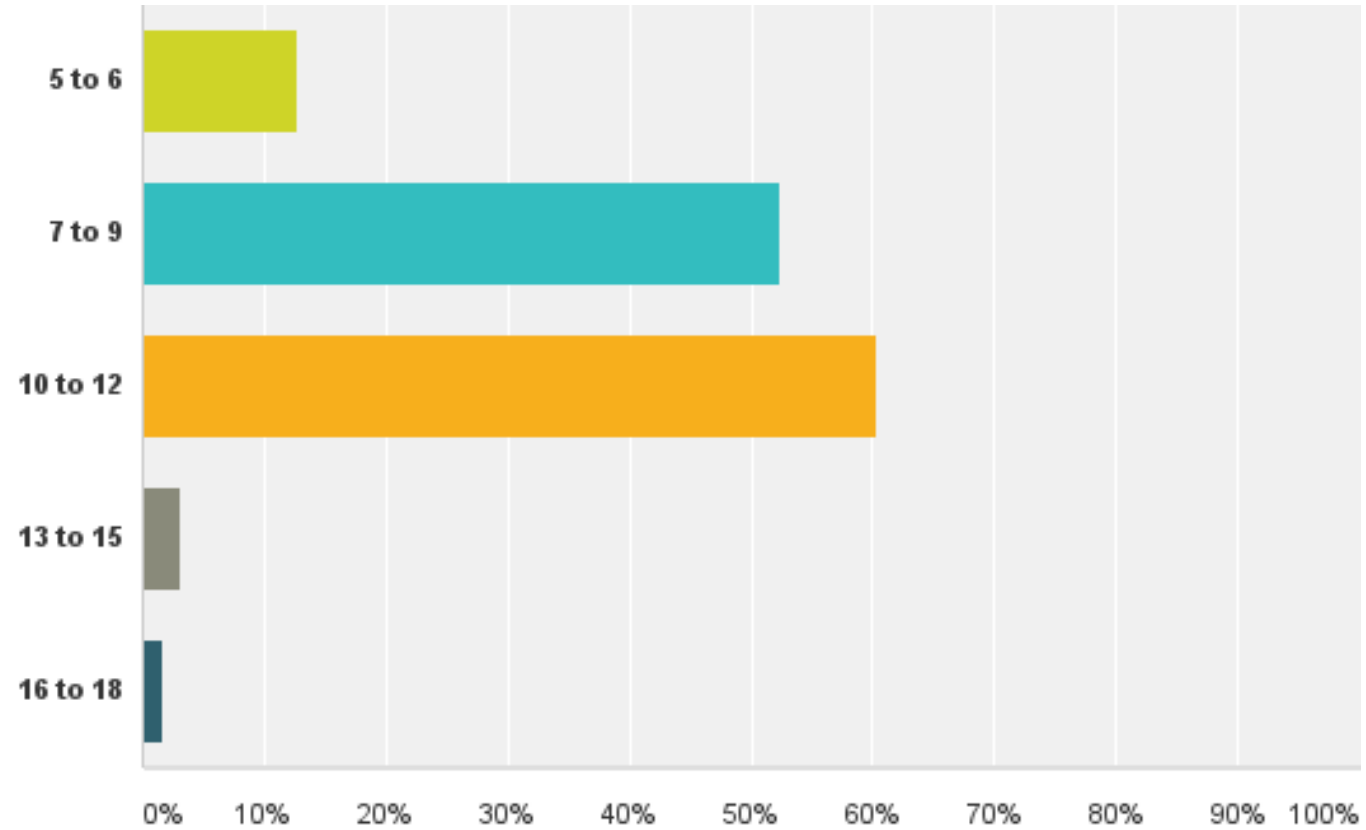
# Junior Tennis Survey

## Summary

- **63 Responses**
- **On average, satisfaction levels are positive but room for improvement as always**
- **Useful comments and suggestions for the Committee and Director of coaching for 2017**

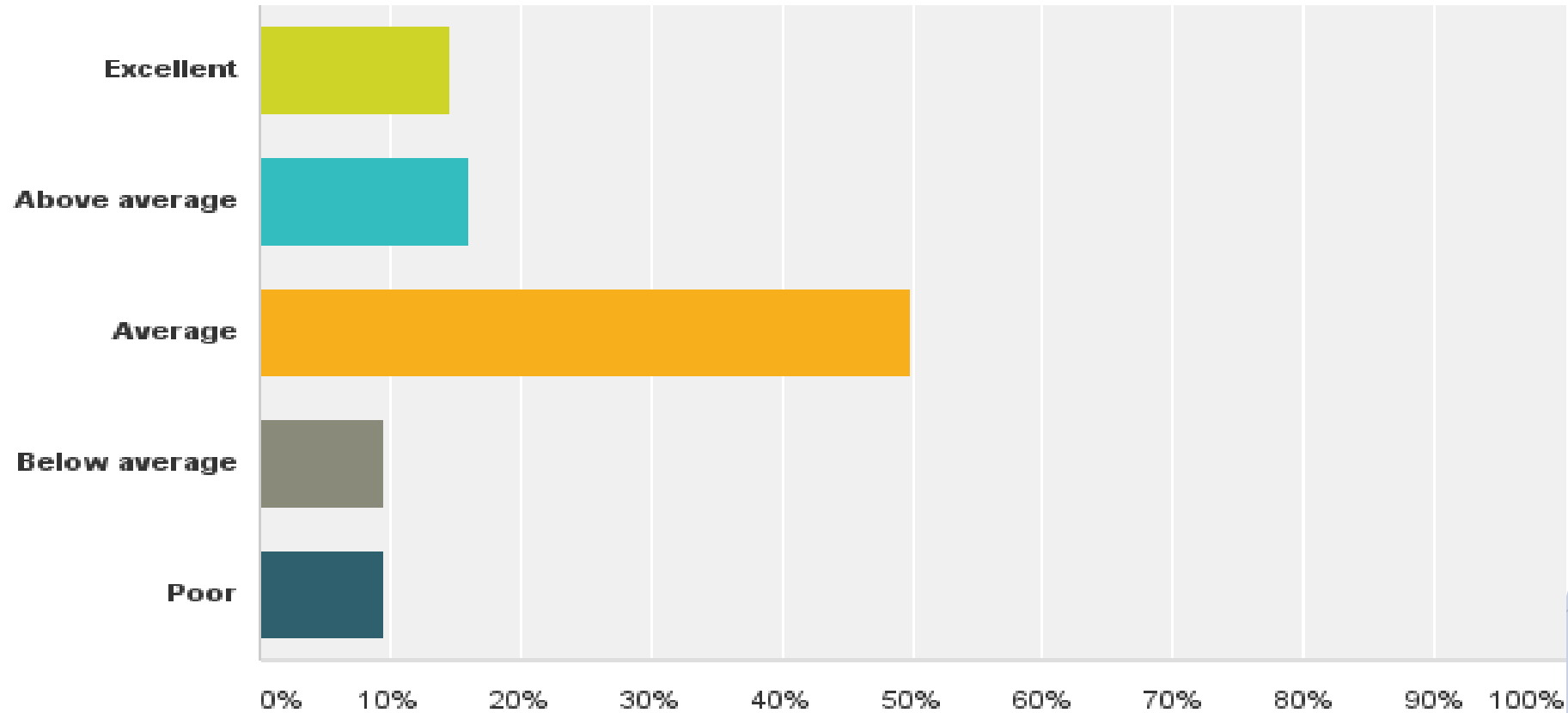
# Age Profile of Respondents

▶ Answered: 63

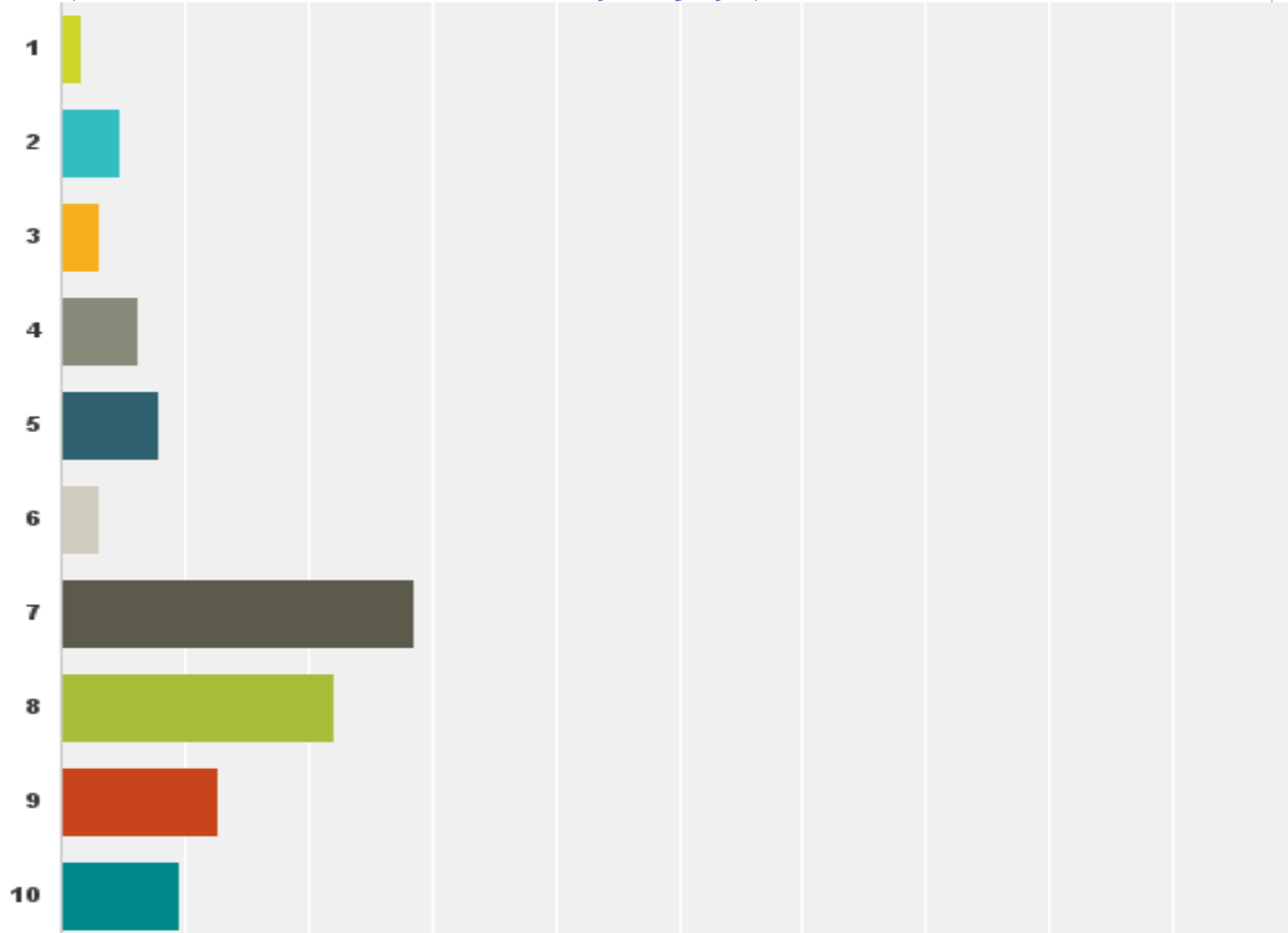


# Value for money of Coaching Programme?

▶ Answered: 62 Skipped: 1

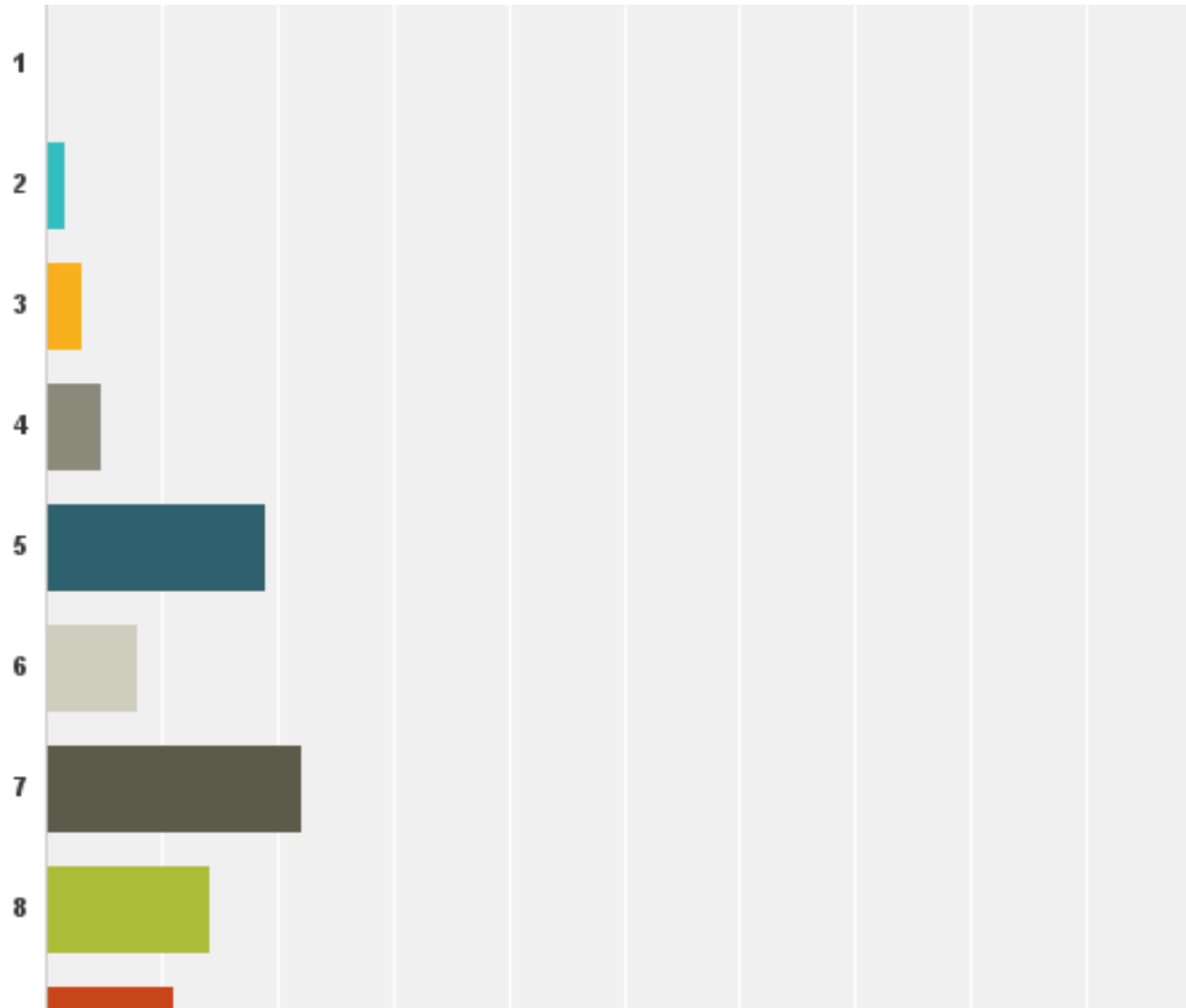


On a scale of 1-10 please rate how much your child enjoys the coaching programme?. (1 = Not at all... 10 = Greatly enjoys)



Q6: What is your child's main objective from the coaching programme? On a scale of 1 to 10 where 1 is Social and 10 is Highly Competitive

▶ Answered: 63 Skipped: 0





# Junior Coaching Programme

**Jim Watt**

**Director of Coaching**

# Junior Development Framework

- **We follow the Tennis Ireland and ITF Player development pathway**
- **Our objectives are:**
  - To provide opportunities for all levels
  - Recreational to Competitive
  - Give Juniors a Game for life
  - Retain Juniors in the club
  - In a Safe , enjoyable and fun environment

# Club Coaching Team

## **Jim Watt – Director of Coaching**

- Tennis Ireland Licensed Coach Level 3
- Tennis Ireland Coach Education Tutor
- Ireland Senior 4 Nations Captain 2008 -2010
- Ulster Branch Coaching Director 1992 - 2013

## **Caroline Mc Nulty**

- Tennis Ireland Licensed Coach – Level 2
- Leinster Tennis High Performance Coach
- Certified Cardio Tennis Coach
- DLTC Premier League player

## **Joey Purcell Jnr**

- Tennis Ireland Licenced Coach Level 2
- Tennis Australia Coach of the Year 2015
- DLTC League Class 2 Player for MLTCC

## **Josh Mylan**

- qualified strength and conditioning coach
- fitness coach to Tennis Ireland national training centre 2010 - 2012

## **Tanya Murtagh**

- Tennis Ireland Licenced Coach Level 1
- Leinster Tennis High Performance Coach
- Tennis Scholarship to Tier 1 US College 2011-14
- DLTC League Class 1 Player for MLTCC

## **Ciaran Cunningham**

- Tennis Ireland Licenced Coach Level 1
- Parks Tennis Ireland Coach for 10 years
- DLTC League Class 2 player for MLTCC

## **Emmanuel Tubbiolo**

- Tennis Ireland Licenced Coach Level 1
- Referee at International and National Events
- Tennis Ireland Licensed

# Overview

- ▶ **Tennis is a highly coordinative sport**
- ▶ **Players must be able to hit the ball , but high enough to go over net but not so high it ends up over the baseline – not easy therefore need to be more coordinated than most other striking sports**

# Junior Development Pathway



# Coaching Programme Structure

- **Recreational - players who will play tennis**
- **Squads - players who will play League**
- **Performance - Tournament players**

# Recreative Groups

**Standard sessions use the following format**

- **Warm up** **5 mins**
- **Co – ordination work** **15 mins**
- **Technical teaching** **30 mins**
- **Fun Games based on teaching point** **10 mins**

# Squads

- **2 sessions per week**
- **30 mins 'physical' per session – majority of this around prehab**
- **Tennis – global technical / drills / patterns of play**



# Performance Squads

- **2 sessions per week**
- **30 mins 'physical' per session – majority of this around prehab**
- **Tennis – global technical / drills / patterns of play**

# Current Junior Tennis Activities

- **Gillian MacNicholas**
  - **Denise Curtis**

# Current Junior Tennis Activities

- **Coaching for all ages from 5 to 18**
- **Competitive Round Robins for all levels**
- **Social Tennis Events**
- **Annual Junior Championships**
- **Junior Open**
- **Fingal Schools Initiative**
- **Inter Club Tennis Events**
- **Leinster Tennis Leagues**
- **Dublin Lawn Tennis Council Leagues**

# Round Robin

- **From Autumn to Summer**
- **Play 3/4 matches per month**
- **Participants are allocated to a particular group within a section (Red/Orange/Green/Yellow Ball) for the first Round and then subsequently work their way up (or down!) the various groups within their section based on results.**
- **All children encouraged to take part in Round Robin**
- **Forms available online or in the office**
- **New entrants can be included any month(forms due in tomorrow!)**

# Social Tournaments

## **Weekly Friday Social tournament**

- 3pm-4pm every Friday during coaching term
- 2€ entry fee
- Crisps/Caprisun for every child
- Supervised by the coaches
- Suitable for all ages

## **Seasonal**

- **Glow in the dark (Halloween time)**
- **Easter**
- **Orange Ball/Green Ball team pizza tournaments**
- **Summer and Easter Tennis Camps- run by Jim Watt**

# Junior Summer Championships

- Normally run over 3<sup>rd</sup> Week of August
- Finals day(Matches and Barbecue) last Saturday of August
- Competitions for U8/U9/U10/U12/U14/U16/U18
- Singles/Doubles
- Girls/Boys/Mixed
- Great week of fun and tennis



# Inter-Club Junior Tennis

- **Team Based- Social/Semi-Competitive**
- **Fingal Midi Orange Events-** These are fun team based events run in 7 local Fingal tennis clubs during the year. We like to send 6/8 players. Signup sheets on noticeboard throughout the year.
- **Stars & Stripes- U12 & U14 Boys/Girls.** In Autumn and Spring. Primarily for non-league players. The focus of this tournament is aimed to keep club juniors playing tennis in a friendly but competitive spirit.

# Inter-Club Junior League Tennis

## Team Based- Competitive

### Leinster Spring League- U12 & U18

- Boys/Girls teams comprising of 3 pairs of doubles.
- We normally enter 4/5 teams in this league
- Divided in Class 1, 2 & 3
- MLTCC current holders of U12 Boys Class 1

### DLTC Autumn League- U14 & U18

- We normally enter 4/5 teams in this league
- Mixture of singles/doubles

### Leinster Schools Spring League- 4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> class

- Boys/Girls or Mixed. 3 pairs of doubles per team
- St. Oliver Plunketts enter 5/6 teams every year
- We can help/advise any other school that is interested



# External Tennis Tournaments

- ▶ There are many opportunities for our Red/Orange/Green Ball players to participate in competition with players from other clubs. We can help with/explain any aspect of this.
- ▶ A player(parent) must register for a Tennis Ireland PIN number, and then signup online for individual tournaments.
- ▶ [http://www.tennisireland.ie/player\\_database](http://www.tennisireland.ie/player_database)
  - ▶ This is where you see the upcoming tournaments
- ▶ <http://leinstertennis.visualclubweb.nl/>
  - ▶ The full list for the year is here
- ▶ <http://leinstertennis.visualclubweb.nl/calendar/198/Calendar>
- ▶ There is a full calendar of tournaments on the Junior Notice Board, and posters for upcoming tournaments.

# Malahide Junior Java Republic Open

- ▶ **MLTCC hosts a Class 1 Leinster Tennis tournament**
- ▶ **Sponsored by Java Republic and Yonex**
- ▶ **Run over two weekends in April/May Bank Holiday**
- ▶ **Top Juniors travel from all over the country and overseas to play in this event**
- ▶ **330 entries last year**
- ▶ **There is a committee of volunteers that run this prestigious event.**
- ▶ **But we are always looking for volunteers to help out for a few hours**

# Fingal Schools Initiative

- **We send a coach to 4 local schools, for 6 weeks Introductory tennis lessons**
- **Host 4 mornings in the club for schools to do final lesson**

## Plans for 2017

- **Gillian MacNicholas**
  - **Denise Curtis**

# Plans for 2017

- **Objective is**
  - continue with what is working well
  - make improvements where necessary
  - introduce New Initiatives
  
- But we need member support and ideas

# 2017

- ▶ **We would like to:**
- ▶ **Have more social type events for different age groups. Can't be all Pizza type events, need some ideas. Summer disco??**
- ▶ **“Teen Tennis”- we would specifically like to find ways to encourage this age group to use the clubhouse and keep playing. Parents of this age group, ideas??**
- ▶ **More Junior Championship events-Spring/Autumn. Maybe doubles/draw for partners??**
- ▶ **Opportunities for progressing players to learn from more experienced. Mixed age group events??**
- ▶ **Host Tennis 10's Red/Orange/Green Ball event in 2017**

# Junior Coordinators/Committee 2017

- **Currently the Junior Section of the club is run by 2 Junior Coordinators**
- **They are volunteers that are elected at the AGM in January**
- **From 2017 we are proposing that they are supported by a full Junior Sub-Committee.**
- **Junior Coaching Administration managed by Jim Watt and the office**
- **We are hoping for 4/5 people. More varied input/expertise, and to “spread the load”**
- **Could be divided into a social committee and others more interested in the league/competitive side of Junior tennis**
- **It is very rewarding and great exposure to the “World of Tennis”, Tennis Ireland/Leinster Tennis**

# Open Forum

- **Discussion**
- **Suggestions**
- **How Can You Help**



Thank You