

PRESTON LTC

COACHING NEWSLETTER

Coaching Programme

Welcome to our coaching newsletter. We aim circulate a newsletter every 3/4 months to keep members up to date with coaching activities and plans for the tennis programme at the club. We have a busy coaching programme for both adults and juniors.

Over the last 12 years the club has gone from strength to strength with increasing membership and improving facilities. We have had multiple county champions and a few who have excelled at a National level. The coaching team are passionate about realising the potential of their players what ever age, ability or level that may be. We have sessions form all standards so please see the notice board for all classes.

Junior Schools Road Show - 30th & 31st March

Tanya ran a schools roadshow for children aged 4 - 8 yrs in the week prior to the open weekend which was an amazing turnout and we had many volunteers helping out for the two days and there was a fantastic atmosphere at the club.

- 5 schools and over 800 children were coached
- 120 children on the open weekend, of that.....
- 93 children signed up for the 5 weeks course (April-May)
- & 59 children signed up for the following 7 week course (June/July)



Brussels TENPRO event 21st-26th May (Ed Cotcher)

In May, I had the opportunity to take 3 of Preston LTC's brightest young talents, Miles Roberts Nancy Jenkins & Jess Bottrell (unfortunately injured) to a Ten-PRO tennis tournament in Brussels for a week of matches against players from all around the world. In total, 38 nations were being represented by players from clubs including the Rafa Nadal Academy, giving Miles and Nancy Jenkins the chance to pit their wits in a guaranteed 8 matches against top juniors in both 14&U & 16&U draws. The format allows for on-court coaching (at the end of a set, giving players the opportunity to utilise any observations made by their coach during a match. Jess was a very able assistant coach to me throughout the tournament, providing personalised match charting sheets for both Miles & Nancy giving insights into both their's and their opponent's statistics, information which proved to be extremely useful for both players. Our juniors had to adapt to real clay courts with much slower and higher bouncing balls, and after losing tough matches on the first day they were able to impose themselves and win a total of 7 matches between them across the week.

While we were all delighted with the match-wins, our focus all along was making the most of the experience of being away from home in another country, playing a tennis tournament. The players were responsible for looking after themselves in cooking and cleaning, pre-match warm-ups and writing post-match reports, all of which they did without any complaints. Also it was Jess' 13th Birthday while we

were away, so we celebrated with Moules Frites followed by authentic Belgian waffles, all of which added to a great experience in what was (hopefully) the first of many more trips abroad for Preston LTC's brilliant juniors.



Junior Socials

Tamsin Silver and Tanya have organised the following dates for Junior Socials - a fun session on the court and followed by a BBQ so try and keep the dates free

Friday 12th July & Friday 20th September 5pm start

Road to Wimbledon

Boys Results - Winner - Miles Roberts & Runner up - Noah Amin
Girls Results - Winner - Talitha Mitchel & Runner up - Nancy Jenkins - Well done to all some great matches.

Coaching Tip - The volley.

The volley is also about a positive mindset. Don't stand too close to the net and always go to meet the ball.

1 - Ready position - racket away from the body to help with the contact in front.

2 - Backhand volley - correct grip and 'V' shape to maintain a strong contact, do not drop the racket head after the shot.

If you have any questions or suggestion on the coaching programme please speak to any of the coaches.

We look forward to seeing you on the court soon

Paul, Fuzzy, Ed, Sam, & Tanya

Friday Mixed Groups

We have an improvers mixed session and a beginners mixed session on a Friday morning 9.30am-11am with Sam and Ed

Junior Team Tennis

The juniors will be competing against other clubs in Sussex from April - July. The schedule will be up in the club house. Please come along and support!

Tennis Fit

Wednesdays 6.30pm-7.30pm with Tanya and Saturday 8am-9am with Paul - Please book with coach.

Family Quorn Event

Fun family event Saturday 20th July to enter please contact Tanya

Mens & Ladies Team Coaching

Ladies - Monday's 6pm-7.30pm
Mens - Thursdays 7pm-8.30pm

Beginners Coaching

If you are new to the game or just a little bit rusty then Tuesday 6pm-7pm is the class for you

Coach Hosted Rota

The first Sunday of each month there is a free coach hosted session for those who are not quite ready for the main rota.

