

Cheshire County LTA Junior Handbook 2021-2022



CHESHIRE TENNIS

Cheshire County LTA Junior Handbook 2021-2022

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Junior County Handbook Introduction

After a start to the year when no competitive tennis was possible, it has been uplifting for all lovers of sport to see the country, at last, beginning to return to some sort of normality. It's also been great to see spectators at Wimbledon creating the sort of atmosphere that we've missed. Then when you add in 18 year old Emma Raducanu's outstanding performances and "lighting up" Number 1 court, it hopefully serves to show our young aspiring players just what can be achieved. For me, it was particularly pleasing to hear that her parents had been keen to ensure Emma had not specialized in just one sport during her early years. I have always been an advocate of children taking part in a variety of sports as it can be of real benefit in terms of developing a full skill set. There might well come a point, of course, when more time will need to be devoted to training and competing regularly in tournaments, but I am in no doubt this does not need to happen to the detriment of playing and competing in other sports.

Since the return of junior competitions, it has been great to receive so much good news regarding our Junior County Cup teams, as well as some outstanding individual performances by Cheshire players at Junior ITF and Grade 1 and 2 tournaments. I cannot recall so many of our junior players competing so successfully at national level and it has therefore come as no surprise, that our junior teams have done so well given their greater strength and depth.

Most of the Junior County Cup events this year have been affected by the pandemic but the LTA organized regional groups with limited national finals. Generally, Cheshire teams have been placed in groups from the north of England, competing against the likes of Lancashire and Yorkshire, who invariably are amongst the strongest counties in the UK. This makes the results of three of our teams particularly noteworthy. The 10U Boys and 10U Girls as well as the 12U Girls teams were undefeated and therefore won their respective groups. Then there is the 11U Boys team who not only won their group, but as this age group was the only one with National Finals, it meant they qualified as one of the top 8 county teams in the UK. Their results in the finals meant they finished 5th. The team of Coeyn Cassidy, Gabriel Okeke, Harry Payne, Aran Selvaraasan and Sam Warburton with County coaches Allan Morton and Simon Thornewill all deserve to be congratulated on what they achieved.

Note: The results of all the Junior County Cup events and the names of all the players who represented Cheshire this year are included later in this handbook.

The good thing about this year is there has been success amongst a variety of age groups as well a mix of girls and boys. It goes without saying that the County is very proud of all of our players who travel all over the UK competing regardless of whether they win or lose. To see "Cheshire Tennis" kit visible, and increasing in number, at tournaments nationwide is something we hope will continue. Having made reference to some special individual performances over the last few months, I do think it is appropriate to name check some of them. So, it's a "well done" to Gabriel Okeke (10U), Annabel Wong (11U), Aran Selvaraasan (11U), Susanna Thompson (12U), Oliver Hague (16U), Alfie King (14U), Jemma Cave (18U), Jonah Gethin (18U) and Sam Reeve (18U) all of whom have produced eye catching results at National and/or ITF level.

The Junior Performance Committee is always interested in hearing the views of our junior players and their parents as well as from our club coaches regarding any tennis matters. Please do not hesitate to speak to, or get in touch with, any of our committee members should you have any ideas to improve the current work we are undertaking.

Junior County Handbook Introduction - continued

I hope you find the information included in this handbook useful. I look forward to seeing some of you at the Junior County Championships or other junior events across the county.

John Hilton – Chair, Junior Performance Committee

The Junior Performance Committee members are Mark Hunter (Widnes Tennis Centre), John Hilton (Hoole LTC), Debbie McKeever (Bramhall Lane LTC), Liz Sweeting (Bramhall Lane LTC) Richard Jones (Bramhall Lane LTC) and Simon Thornewill (CCLTA Junior Performance Co-ordinator)



County Junior Performance Coordinator

We started this year in lockdown which unfortunately meant that the 18U County Cup was cancelled but with us being able to play from April, tennis has been back with a bang! County Cups, County Training and competitions all started again and have been very well supported.

All age groups, apart from 18U, competed in the County Cup competition. There were only qualifying events and no finals for 10U, 12U and 14U age groups. This was one of the most successful years for our CountyCup teams, we had some fantastic results across the age groups.

10U Boys, 11U Boys, 12U Boys and 12U Girls all won their regional groups. The 11U Boys reached the National Finals in Sheffield and finished 5th in the country which is a fantastic effort from the boys and Captain, Allan Morton.



County Junior Performance Coordinator - continued

Outside of County Cups there has been a huge amount of individual success at national and international events over the past 12 months. The LTA has committed more weeks to hosting international competitions in this country for 12U, 14U and 18U age groups. In my opinion, this is a great idea from the LTA as it gives our players exposure to international events and the understanding of competing in a similar format to the professional game.

Since the middle of April, we have been piloting 9U and 14U weekly County Training at Hoole Tennis Club, under the supervision of Andy Wilkinson and Scott McCormick. Both age groups have been a success with lots of positive feedback from parents. I strongly believe that county players training together on a weekly basis is so important for their development as it helps to push each player to the next level. This weekly training will be continuing from September, starting with certain age groups and expanding if we feel this continues to be successful.

One of the most important events, which is the foundation of county tennis, is the County Open Day. Unfortunately, due to Covid, we haven't been able to host this event since November 2019. This event is hugely important for the county because it highlights the next set of future county players, which will hopefully develop and move the age groups with the idea of representing Cheshire in different events.

I'm pleased to announce we will be hosting the next County Open Day on Sunday 19th September at Birchwood Tennis Centre. During the day, we put the players through different physical exercises and drills. There will also be a presentation for the parents to understand the County Player Pathway. The relevant information has been sent out to coaches, club chairman's and key contacts for all clubs in Cheshire. If you would like more information about the County Open Day, please get in contact with me.

I would like to take this opportunity to thank all the players, parents, and coaches for their continued support over the past 12 months. County Training has been stop-start since September 2020 and there has been a lot of sessions cancelled due to the pandemic. A big thank you goes to all the venues who have hosted our County Training, the fantastic commitment from the coaches and the hard work displayed from all the players. This would not be possible without you all.

What's next for Cheshire?

- County matches for all age groups starting from October.
- Weekly County Training to continue.
- County Open Day – Sunday 19th September.
- Monthly County Training to return in September/October

If you have any questions regarding Cheshire Tennis please contact me on:

Simon@cheshirecountyta.org.uk

Simon Thornewill

Annual Junior County Championships

During the last week of August, every county runs a Junior County Championships. Cheshire County LTA is keen to provide opportunities for aspiring young tennis players from the age of 8U to 18U to compete against each other. We aim to attract players from as many clubs as possible. Players from 12U are welcome to enter up to 3 events (maximum of 2 singles/2 doubles). All players who enter receive a free tennis related gift.

There are separate 8U, 9U and 10U singles events as well as a doubles event for 10U. The 8U and 9U events are usually played at Birchwood Tennis Centre, Warrington. All other events are played at Hoole LTC, Mickle Trafford near Chester.



County Championships Frequently Asked Questions

What exactly are the Junior County Championships?

County Closed tournaments have traditionally catered for aspiring junior players. They are open to players of all ages and abilities. The Junior County Championships marks the finale to the summer holidays and should provide enjoyment for competitors and spectators alike.

What are the eligibility criteria?

A player has to compete in his/her own County Championships. A player's county is defined by his/her place of birth or place of permanent residence (for at least 6 months).

What happens if a player loses their first singles match?

We offer all players the opportunity to play in a bonus draw to guarantee players have at least two matches.

What is a progressive draw?

The aim of a progressive draw is to try to match players of a similar standard in the first/early round(s), therefore avoiding playing the highest rated players who are introduced into the draw later in the competition.

County Championships Frequently Asked Questions - continued

Can a player just enter doubles?

Yes, doubles entries are welcome although we do like players to enter both singles and doubles events if possible.

Is there a closing date for entries?

Yes, make sure you read the specific tournament information on the LTA's website to find out about the entry process and closing deadlines.

Will there be prizes?

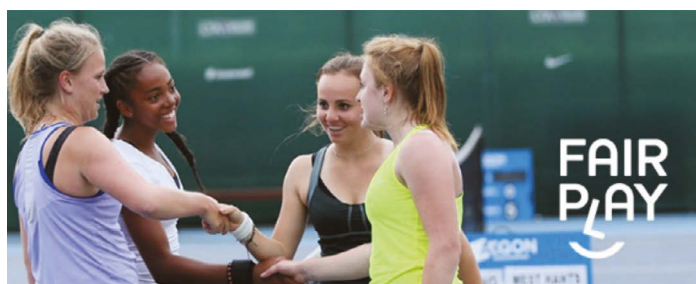
The winner(s) of each event will receive a cup (which they keep for a year) as well as a gold medal. Runners up receive a silver medal. 3rd place in the 8U, 9U and 10U events receive a bronze medal. Babolat also provide items which are given to the winners and runners up.

The winners in the 18U boys' and girls' singles are offered automatic entry into the main draw of the Ladies & Men's County Championships which begins on Friday 3rd September.

FAIR PLAY

Fair Play is an essential value in tennis. We are committed to ensuring that tennis is played in a fair, open and inclusive nature at all levels.

Just as relevant in a fun game with friends as it is in a Grand Slam or major tennis tournament,



Fair Play includes:

- Good sportsmanship, honesty and respect whether you win or lose
- Learning to challenge yourself and improve social skills
- Taking responsibility for your actions, calling scores and lines clearly and fairly even if it costs you the point
- Learning and following the rules and being a role model to younger people
- Enjoyment of the sport

It is important for everyone to uphold Fair Play both on and off court whether it be players, parents, coaches, officials or volunteers.

In 2013, Cheshire County LTA introduced an annual Fair Play Award, kindly sponsored by Mr and Mrs Davey.

Recent Winners:

2020 – No tournament
2019 – Werner Zimmermann
2018 – Harrison Taylor
2017 – Oliver Critchley

2016 – Jac Goodall & Matthew French
2015 – Daniel New
2014 – Oliver Hague
2013 – Harry Doyle

If you wish to find out more about the Fair Play initiative, please visit www.LTA.org.uk/fairplay

The Dick Fontes Cup

This trophy was presented to the then Junior Tennis Committee by Nancy Fontes, in memory of her late husband Dick. Both Nancy and Dick had been responsible for the formation of a Cheshire Committee solely in charge of all aspects of junior tennis.

The trophy is awarded annually to the junior player who, in the opinion of the Competitions & Tournaments Committee, has contributed most to Cheshire Junior tennis in the previous year.

At the time it was stressed that this was not necessarily the best player, but was open to any junior. Certain criteria were laid down amongst which were commitment to Cheshire, shown by a willingness to represent the County and to compete in the Junior County Championships. Consideration was also to be shown to participation in school and club tennis. At clubs, those who are eager to help and encourage other juniors are important factors in selection. It goes without saying that good behaviour on and off court is considered. There have been many worthy winners of this cup and long may the tradition flourish.

Recent Winners:

2020 – Not awarded
2019 – Rhona Cook
2018 – not awarded
2017 – Amy Redman

2016 – Hannah McColgan
2015 – Saleem Rizvi
2014 – Adam Jones
2013 – Sean Sivewright

Cheshire LTA Junior Challenge 2020

The problems associated with the coronavirus during the summer of 2020, resulted in the LTA having to cancel many tournaments across the UK, including all of the nationwide Junior County Championships. The organisers of the Cheshire Junior Championships still wanted to offer some much-needed competition for its juniors and convinced the County Competitions & Tournaments Committee they could run a series of Covid-safe one day singles tournaments with a restricted entry of 16 players per event.

Unfortunately, the 14U Boys event could not be played due to poor weather. However, the other age groups were able to show they had not lost their competitive instincts with some excellent matches played at a consistently high level.

Event	Winner	Runners - Up
10U Girls	Annabel Wong	Skye Thomas
10U Boys	Sam Warburton	James Horton
12U Girls	Susanna Thompson	Karina Kiss
12U Boys	Regan O'Brien	James Mayers
14U Girls	Abi Redman	Eva Senior
14U Boys	Not played	Not played
18U Girls	Phoebe Mitchell	Jemma Cave
18U Boys	Dan Urey	Andy Brisdon

Cheshire LTA Junior County Championships 2021

We were so grateful that the sun shone throughout the week for this year's Junior County Championships, recently held at Birchwood Tennis Centre and Hoole LTC. It was lovely to see so many friendly faces again, all enjoying some fantastic tennis. The standard of play was excellent and the players have certainly got back into their stride! Well done to our Junior County Champions and Runners Up for 2021!

Girls Singles Events	Winner	Runner - Up
18U	Alice Shields	Abi Redman
16U	Abi Redman	Eva Senior
14U	Susanna Thompson	Karina Kiss
12U	Annabel Wong	Eliana Chrys – Chikere
11U	Skye Thomas	Guste Butkute
10U	Millie Ryder	Robyn Slater
9U	Robyn Slater	Neeve Smith
8U	Lucy Ellen – Francis	Isabelle Herbert

Boys Singles Events	Winner	Runner - Up
18U	Andy Brisdon	Rafael Kiss
16U	Luka Matellini	Rafael Kiss
14U	Alexandros Chaitidis	Joseph Spencer
12U	Aran Selvaraasan	Dominic Poulston
11U	Coeyn Cassidy	Elijah Cuddy
10U	Gabriel Okeke	Elijah Cuddy
9U	Joseph Knightley	Freddie Warburton
8U	Thomas Horton	Ishaan Singh

Doubles Events	Winners	Runners - Up
Girls 18U	Abi Redman & Alice Shields	Debra Abraham & Ashira Murray
Girls 16U	Karina Kiss & Amy McMahon	Elena Asgill-Whalley & Abigail Yates
Girls 14U	Eva Senior & Ruby Senior	Amy Goom & Olivia Nelson
Girls 12U	Eliana Chrys-Chikere & Skye Thomas	Anna McDonald & Ruby Senior

Cheshire LTA Junior County Championships 2021 - continued

Doubles Events	Winners	Runners - Up
Boys 18U	Andy Brisdon & Ethan Barrett	Matthias Matellini & Werner Zimmermann
Boys 16U	Rafael Kiss & Jacob Popplewell	Sam Senior & Louis Tranter
Boys 14U	Ron Roopesh & Joseph Spencer	James Mayers & Charlie Woods
Boys 12U	Joshua Van Dellen & Dominic Poulston	Coeyn Cassidy & Sam Warburton
18U Mixed	Louis Harvey-Mitchell & Anna Jones	Daniel Longshaw & Ruby Roberts
14U Mixed	Zach Thompson & Susanna Thompson	Thomas Herbert & Amy McMahon
12U Mixed	Oliver Yates & Lucy Atkinson	Charlie Warburton & Skye Thomas
10U Mixed	Gabriel Okeke & Elijah Cuddy	James Horton & Joseph Knightley



Cheshire LTA Junior County Championships 2021 - continued





LTA Performance Strategy 2018 – 2028

The LTA launched a new Performance Strategy for 2018 to 2028 with the vision “to make GB one of the most respected nations in the world for player development” and the aim “to create a pathway for British champions that nurtures people, teams and leaders”.

Key Areas in the Strategy:

National Academies: Two full time National Academies located at the University of Stirling and Loughborough University provide full time residential training for the very highest potential junior players aged 13 to 18 years of age.

Regional Player Development Centres (RPDC): There are 14 RPDCs where high potential juniors aspiring for selection for a National Academy have the opportunity to receive subsidised training, coaching and support. There is one RPDC in the North West at Bolton under Sabrina Frederici. Players selected can expect high quality training and competition in a local and affordable setting.

The LTA staff involved in our region are:

National Pathway Coach – Richard Plews Responsible for National Age Group Players in the Region
– 10 - 14 years old

County Pathway Manager – David Kirby

10U National Pathway Coach for the North Region Tim Pyatt – reports to David Kirby

LTA Rating and Age Group System

New LTA Rating System

As part of the LTA’s work to grow the sport and open tennis up to more people, a series of changes have been announced to competitions that are to be introduced.

This will mean the introduction of a new player ratings system later this year. The LTA will be launching the brand-new **ITF World Tennis Number (WTN)** player rating system which is intended to make it easier for players of all abilities to find appropriate players to play with and against.

The ITF World Tennis Number (WTN) is designed to meet the needs of all players from a recreational level through to the performance end of the sport. It will replace the current ratings system and for the first time ever will provide ratings for doubles as well as singles. Further information about this new development may be found here:

<https://www.lta.org.uk/play-compete/competing/player-ratings-rankings/world-tennis-number/>

County Team Selection

The County has tried to make the selection policy as transparent as possible for players for the County Training Camps and County Cup teams.

Selection Criteria for 8U & 9U Players

LTA Rating and Age Group System - continued

County Training Camps	County Teams
Attendance at one County Open Day	Attendance at one County Open Day
Performance at previous County training camps	Performance at County training camps
Performance in County matches	Performance in County matches
Performance at Junior County Championships	Performance at Junior County Championships
Competitive activity throughout the year	Competitive activity throughout the year

Note

- 1 Players need to regularly attend County training camps in order to be considered for the County team.
- 2 Players can be selected for more than one age group team. i.e. an 8U player can be chosen for both the 8U and 9U team if considered good enough.
- 3 A long-term injury or illness will always be taken into consideration if it causes a player to miss a number of training camps or if it makes them unable to compete regularly in tournaments.

We hold a **County Open Day** every year for 6U – 8U players. This is an important part of Cheshire's Junior Performance Programme. All club coaches across the county are contacted with the date and encouraged to speak to the parents of their most promising young players with a view to taking them to this special event. They are held on the indoor courts at Birchwood Tennis Centre, Warrington.

Selection Criteria for 10U to 18U Players

County Training Camps	County Teams
Performance & attendance at previous County training camps	Performance & attendance at previous County training camps
Performance in County matches	Performance in County matches
Performance at Junior County Championships	Performance at Junior County Championships
Ranking	Ranking
Rating/World Team Number*	Rating/World Team Number*
	Competitive profile compared to peers in the 6 months prior to the Junior County Cup

**World Team Number will replace Rating once it is introduced by the LTA.*

Note

- 1 Players may be selected for more than one age group
- 2 Performance at all County training camps and County matches is important. When captains select players for the Junior County Cup they will take the following into account:-
 - a. Head: consistently makes good decisions, finds solutions (and ways to win) and retains focus in match situations
 - b. Heart: competes well at all times in both training and competitive situations
 - c. Legs: demonstrates good levels of fitness and physical resilience
 - d. Weapons: has emerging strengths that can be developed into a game style that has the potential for success in the future

LTA Rating and Age Group System - *continued*

- 3 If a player decides not to accept a place at County training or fails to attend regularly, then it should be understood that this is likely to impact on their selection for the Junior County Cup team
- 4 Captains will have the option of one discretionary "Captain's pick" which means that they can select a player for the County Cup team who may not be one of the top ranked players. The selection will still have to be justified to the Junior Performance Committee using the set criteria
- 5 There is an expectation that all players who are chosen for County training intend to play in the tournaments throughout the year
- 6 A long term injury or illness will always be taken into consideration if it causes a player to miss a number of training camps or if it makes them unable to compete regularly in tournaments.

Junior County Teams

The Junior County Cup gives players the opportunity to represent their county in team competition in regional and national stages. There are separate competitions for six age groups 18U, 14U, 12U, 11U, 10U and 9U which are held at different times of the year. In order to compete in these events, players have to be selected by the County.

The 44 competing counties are organised into groups according to their performance in the previous year's event. In the 12U, 11U and 10U events, the counties are organised into groups on a regional basis with winning teams progressing to a national finals stage. The 9U age group is solely a regional event. Team composition and match formats vary from event to event with singles matches qualifying for ratings wins and ranking points. All these team events involve doubles matches as well as singles.

Cheshire has a Junior Performance Committee (JPC) which has responsibility for all matters relating to the Junior County teams. This includes the appointment of the Captains and Vice Captains as well as deciding upon the players who are invited to take part in the various age group training programmes. The JPC is involved in the selection process when Captains nominate players for the Junior County Cup events. The JPC ratifies the players selected by the Captains.

The Captains and Vice Captains for 2021-22 are:

- 18U Boys: Matthew Chadwick (Captain) & Jordan Young (Assistant)
18U Girls: Brent Parker (Captain) & Simon Thornewill (Assistant)
- 14U Boys: Stuart Murray (Captain) & Andy Beswick (Assistant)
14U Girls: Jordan Young (Captain) & Alex Day (Assistant)
- 12U Boys: Andy Wilkinson (Captain) & Toby Palin (Assistant)
12U Girls: Mark Hunter (Captain) & Sarah Lawton (Assistant)
- 11U Boys: Allan Morton (Captain) & Chris White (Assistant)
11U Girls: Ed Rowland (Captain) & Amanda Twigg (Assistant)
- 10U Boys: Tony Green (Captain) & Peter Leatherbarrow (Assistant)
10U Girls: Amanda Twigg (Captain) & Vicky McNeight (Assistant)
- 9U Boys: Tony Green (Captain) & Scott McCormick
9U Girls: Amanda Twigg (Captain) & Cerys Hughes (Assistant)
- 8U Boys: Tony Green (Captain) & Scott McCormick (Assistant) & Joe Hudson (Assistant)
8U Girls: Amanda Twigg (Captain) & Cerys Hughes (Assistant)

County Training Programme 2021-22

All the Junior age group training camps are organised by the County Junior Performance Co-ordinator, Simon Thornewill. The most promising players across the 8U–18U age range are invited and each camp of approximately 8 players (9U–18U) and 16 players (8U) will be taken by the age group County Captain along with their Vice Captain.

We will be continuing with using a reserve list for players to ensure all squads are full for every session as this allows the County to offer more opportunities for players. The camps occur approximately every month hopefully starting in September. Most of the age groups run for 10 months of the year through to July, with the exception being the 18U group which finishes near Easter. All the camps will take place at an indoor venue across Cheshire, either at David Lloyd Cheshire Oaks, Birchwood Tennis Centre, David Lloyd Cheadle or Widnes Tennis Centre.

Since the middle of April, we have been piloting 9U and 14U weekly County training at Hoole Tennis Club. Both age groups have been a success with lots of positive feedback from parents. We strongly believe that county players training together on a weekly basis is so important for their development to help push each other to the next level. The weekly training will be continuing from September starting with certain age groups and expanding to other age groups in the future, information to follow.

There is always strong competition for places and all players who receive invitations are expected to commit to attending regularly (i.e. at least 75% of the camps). If regular attendance does not occur, then players will be withdrawn from the programme. Letters inviting players to be part of a County age group squad will be emailed to parents in August or September.

Junior County Cup Results 2021

Age Group and Venue	Captain and Vice Captain	Players	Opponents and Results
9U Mixed Sheffield	Tony Green & Amanda Twigg	Sophie Doherty Lois Roberts Neeve Smith Ben Cockings Joseph Knightley Sennan Rammah - Beck	Boys: Derbyshire 3 – 3 Won shoot out Yorkshire Lost 6 - 0 Girls: Derbyshire Won 5 – 1 Yorkshire Lost 5 – 1 Final Position: 2nd
10U Boys Wrexham	Tony Green & Peter Leatherbarrow	Elijah Cuddy James Horton Joseph Knightley Gabriel Okeke Nathan McCauley Vishishto Urs	North Wales Won 6 - 0 Lancashire Won 6 - 0 Yorkshire 3 – 3 Won shoot out Final Position: 1st

Junior County Cup Results 2021 - continued

Age Group and Venue	Captain and Vice Captain	Players	Opponents and Results
10U Girls Lytham St Annes	Amanda Twigg & Ed Rowland	Amelia Grace Naimh Grant Alice Hughes Millie Ryder Aaliyah Hammond Lois Roberts	Lancashire Lost 6 - 0 Yorkshire Lost 5 - 1 Final Position: 3rd
11U Boys Lymm LTC	Allan Morton & Simon Thornewill	Coeyn Cassidy James Horton Gabriel Okeke Harry Payne Aran Selvaraasan Sam Warburton	West of Scotland Won 6 - 0 South of Scotland Won 4 - 2 Shropshire Won 6 - 0 Final Position: 1st Qualified for National Finals Surrey Lost 6 - 0 Avon Won 4 - 2 Middlesex 3 - 3 lost tie break shoot out East of Scotland 3 - 3 won tie break shoot out Final Position: 5th in the UK
11U Girls Newcastle Upon Tyne	Ed Rowland & Amanda Twigg	Guste Butkute Freya Coley Alisa Ramashova Skye Thomas Annabel Wong Niamh Grant	Cumbria Won 6 - 0 Yorkshire Lost 4 - 2 Durham & Cleveland Won 5 - 1 Final Position: 2nd
12U Boys Holcombe Brook	Andy Wilkinson & Toby Palin	Isaac Eyo James Mayers Dominic Poulston Josh Van Dellen Aran Selvaraasan	North Wales Won 6 - 0 Lancashire Won 5 - 1 Yorkshire Won 4 - 2 Final Position: 1st

Junior County Cup Results 2021 - continued

Age Group and Venue	Captain and Vice Captain	Players	Opponents and Results
12U Girls Widnes	Brent Parker & Alex Day	Guste Butkute Eliana Chrys – Chikere Ruby Senior Susanna Thompson Annabel Wong	North Wales Won 6 - 0 Lancashire 3 – 3, won shoot out Yorkshire 3 – 3, won shoot out Final Position: 1st
14U Boys Wrexham	Stuart Murray & Andy Beswick	Alfie King Zach Thompson Regan O'Brien Alexandros Chaitidis Jonathan Le Feuvre	North Wales Won 6 - 0 Lancashire Lost 4 – 0 Final Position: 2nd
14U Girls Wrexham	Jordan Young & Alex Day	Abi Redman Eva Senior Amy McMahon Susanna Thompson Karina Kiss	North Wales Won 6 - 0 Yorkshire Lost 4 - 2 Final Position: 2nd











National League 2021-22

The National League is a competition open to all LTA Registered venues. It aims to provide players of all ages (8U – 18U) with regular league matches, against players of a similar standard in a competitive team environment. Cheshire has 2 amazing organisers for the Winter and Summer leagues:

League	Timescales	Organiser
National League – Winter	Entries open Aug to Sept Matches Sept to March	Michael Atherfold point-onetennis@hotmail.com 07984 973887
National League – Summer	Entries open Dec to Feb Matches April to July	David Paterson patto@talktalk.net 07860 671774

Find out more about the National Leagues here:

<https://lta.org.uk/play-compete/competing/adult-tennis-competitions/national-league/>

LTA Youth

Never held a racket? No problem, our specially trained LTA Youth coaches will adapt to each individual, to help bring out their best in a safe, secure environment. All kids need to bring is their enthusiasm and energy, because the programme is designed to grow as they do. Smaller courts and softer balls develop into the real deal as they pick up all the skills and know-how they need.

It will take your youngster to the next level; you'll see it in their confidence, their skills and even their concentration at school. Not to mention keeping them fit and active. Add some healthy competition to teach them about good sportsmanship (because we all have bad days) and you've got a set of skills for life.

LTA Youth has 6 stages:

Youth Start: 4-11 years - Introductory offer

Blue: 4-6 years - Learn the basics

Red: 6-8 years - Serve, rally and score

Orange: 8-9 years - Develop a rounded game

Green: 9-10 years - Test your skills

Yellow: 10+ years - Take your skills further



N.B. Although we've assigned ages to each stage these are just a guide. We'll always put players in the relevant group based on their ability.

Find out more about the LTA Youth Programme and courses in your area here:

<https://lta.org.uk/play-compete/lta-youth-youth/youth-programme/>

Fast4 Tennis

FAST4 Tennis provides a simple, exciting way of speeding up a conventional tennis match. The fundamentals of tennis remain the same, but here are four rules that ensure matches are fast, competitive, exciting and can be completed in a reasonable period of time.



The rules of FAST4 changed following feedback from players, parents, coaches and officials.

The rules of FAST4 Tennis

1. First to four games wins

It doesn't matter how you get there, just make sure you do before your opponent does!

2. Tiebreaker at 3 games all

At 3 games all a tie-break is played to 7 points, 2 clear at 6-6.

3. Match tie-break at 1 set all

If the score reaches 1 set all, a match tie-break is played to 10 points, 2 clear at 9-9

4. No ad scoring

If the score reaches deuce, it's a sudden death point. The receiver chooses which side to take the serve on. This also applies in doubles with the receiving pair deciding who receives the serve. However, the pair cannot change positions. In mixed doubles the player of the same gender shall receive.

Where can I play FAST4 Tennis?

FAST4 Tennis was introduced to the British Tennis competition structure from September 2015 with the winter county tour (Grade 4 and 5) events using this format for 10U-18U. Some other competitions across Great Britain will also use this format including the British Tour.

Cheshire Insights

There are so many players and coaches that make up the Cheshire tennis community, we thought it would be nice to get to know a few of them a bit better and have an insight into their experience, what makes them tick and their ambitions for the future.

Mark Hunter - Cheshire County Cup Captain and Level 4 Senior Performance Coach

Where do you work?

I joined the coaching team at Widnes Tennis Academy in June 2020.

Who is your favourite tennis player and why?

As a young junior player, I grew up with Tim Henman who will always be someone I loved watching with a great career spanning, and evolving, over three generations. Without doubt though, we have been blessed to witness Roger Federer and he has been my all-time favourite male player. For me, he resembles everything tennis is about and is a phenomenal role model to junior players.



His technical ability, his game style which he's also evolved, how gracious he is and how exciting some of his matches have been over the last twenty years. I had the privilege of watching him win Wimbledon vs Andy Murray and to see the guy in person was incredible. He carried such an aura and the guy's a genius! Female wise, Simona Halep, who is such a great competitor, mover and I enjoy watching her work with Darren Cahill who is a brilliant coach.

How long have you been coaching?

I began when I left school and have been coaching for 15 years. Over the last ten years, I have been mainly involved within performance tennis, supporting players to be the best they can possibly be.

How long have you been involved in Cheshire County Training?

I was privileged to take up the role of Captain of the 14U Girls' team, along with my Vice Captain Sarah Lawton, in 2017. We have reached the final day of qualifying three times in Stourbridge, Sutton and at the Northern. In 2018/2019 I also delivered sessions with the 8U, 9U, 10U and 12U age groups which I really enjoyed as it gave me a great chance to help multiple players within Cheshire.

Which age group do you currently captain?

I took on the role of 18U Girls Captain in September 2019 which is such an honour for me personally and made even better having Sarah also join me after our 14U experiences in earlier years. We were lucky to compete in the 2020 County Cup event before lockdown started, where we won promotion up to the second division at the first time of asking.

What has been your highlight from the County Cup?

Over the last few years, there have been so many highlights at various County Cups. Watching many players earn wins for the team against much stronger ranked/rated players and also, giving someone their debut to county tennis, perhaps in a new age group, is great to see. Winning promotion last year, with the U18 girls team last year is definitely a highlight.

Mark Hunter - Cheshire County Cup Captain and Level 4 Senior Performance Coach - *continued*

On the flip side, a not so cool highlight perhaps, in 2017 we competed against a far stronger Essex team. We got right down to the last point 9-10 trying to get into a match shootout but unfortunately falling just short by an overrule match point down after Cheshire rightly (in my opinion), called the ball out! As Captain, watching six players immediately burst into tears with emotion after giving it everything, made me realise one, how important is the role of being a Captain and two, how lucky I was to experience being a part of a County Cup team. I was so proud even when things sadly didn't go our way.

What do you enjoy the most about running a County Team?

Firstly, the planning and delivery of every training session each month, the last practice session before an event, to the scouting of the opposition. Then, being on the road with the team, the morning of match day excited for what's ahead, the on-court discussions with players mid match (and with Sarah), the buzz each evening after a win (or trying to motivate the players after a loss!), the planning for the next day's opponents, the team building mini golf comps etc... the lot!!!

In what way do you feel County Training helps a player's development?

I think it's absolutely crucial to a player's growth and development. In this country, below pro tennis, county tennis is so important both now and for the future of British tennis. Cheshire is very proactive and forward thinking in its planning and with players experiencing monthly specialised sessions, it's only going to help them learn and grow. Cheshire is full of experienced people both on and off the court which is why so many of the county teams have success. For me, tennis is such an individual (and at times a lonely) sport so knowing you're a part of a "team" year-round is a great thing, not to mention being able to socialise and spend time with fellow players. For years, I've observed the best counties have a history of players playing together often and it's nice to see this trend gradually happening with the Cheshire players and age groups.

Best piece of advice for any junior or parent who is on the tennis journey?

For players my advice would be to always stay in a process rather than outcome mindset. We all want to win but, every tournament can only have one winner and that doesn't mean everyone else has failed! Always reflect on the daily, monthly, termly and annual goals. As players get older, habits and interests change and I think it's essential to work out what keeps a player motivated, what they love about the journey and stay close to it. If you don't know what this is...be curious to find that out!

For parents, remember your children are only young once and junior tennis is only over a 10/12 year period of their lives. Let them play, let them fail, let them learn for themselves. It's so easy to become emotionally attached to every single aspect of the tennis journey especially in matches, competing with other players' successes, chasing points, rankings, ratings etc. Focusing on a player's desire to be active, disciplined, focused, organised, respectful all whilst creating lifelong friendships is much more of an ongoing positive outcome. Playing tennis has ups and downs and learning how to cope with these in matches will set up players to cope with them in life.

Jonah Gethin - Cheshire Junior Player

Jonah is currently ranked 1204 in the ITF Junior World Rankings. Jonah has represented Cheshire at Junior level for the last 4 years and this year, made his debut for the Men's County Week Team. Jonah splits his time between studying at Cheadle Hulme School and training at Bolton Arena.

How long have you been playing tennis and why did you pick this sport?

I have been playing tennis ever since I was 5 years old. I was always a sporty kid and loved to play different sports, but tennis was the most fascinating for me.

What do you love about the sport?

I love the competitive aspect of the sport and the mental toughness required to win matches and Tournaments consistently.

How has County Training and County Cup helped your development through the years?

Both have helped me develop my game because of the team morale aspect and competitiveness. I always try my ultimate best to help the team because I don't want to let them down. This motivates me to compete harder and win matches for my county.

We would like to hear about your background and how you developed through the pathway of performance tennis.

I lived in Hong Kong for 11 years before I moved over to Cheshire. I played 6 years of tennis in Hong Kong with the national tennis programme. When I first moved to Cheshire, I was introduced to Bolton Arena and David Lloyd Cheadle. I was doing squads in both clubs and my individual coach was Steve Fathers at Bolton. In the past few years, I have been travelling a lot internationally to play Tennis Europe and ITF competitions around Europe and Asia. This has given me a lot of experience of the different levels around the world.

Can you tell us about your weekly training schedule and tournament schedule?

For the past few years, I have done all my training at Bolton Arena. I normally play 4-5 times each week including squads and individual lessons with Simone (Head Coach). I do all my S&C training in Stockport with a trainer called Jake. I normally train around 3 hours of S&C each week with most of my training specialised for tennis. I roughly play around 25 tournaments a year internationally and around the UK. I enjoy training because I can improve my weaknesses and strengthen my game overall, so that on the match court I am always prepared to do my best.

How do you manage / fit in school and homework into your weekly schedule?

During tournaments, I bring my schoolwork to do during my rest periods. This allows me to stay on top of my work while competing. During my weekly schedule, I do all my homework at the end of the day after I have trained.



Jonah Gethin - Cheshire Junior Player - *continued*

What has been your best highlight so far?

My best highlight has been achieving my highest rank of 970 internationally for 18U. My goal is to be able to play the junior grand slams by the end of next year.

Quick Fire Questions:

1. **Favourite Tennis Player?** Roger Federer
 2. **Best professional tournament?** Wimbledon
 3. **Favourite shot?** Backhand
 4. **Do you play other sports?** A bit of golf
 5. **Singles or doubles?** Singles and doubles!!!
 6. **Do you have any targets for the next 2 years?** Be able to play the junior grand slam
-

Nick Hague – Parent of 2 Cheshire Junior Players

Background (info about the boys, age, where they started playing tennis and their pathway through the game to date).

Oliver Hague – Started playing tennis at the age of 5 at Mellor Tennis Club. From there he moved to Queensgate in Bramhall before being advised to move to David Lloyd Cheadle so he could play with a roof over his head all year round. Since 2020, Oliver has made Bolton Arena his tennis playing home.
Casper Hague – followed in his brother's footsteps and started playing at Queensgate before moving to David Lloyd Cheadle where he still plays along with being a member at Alderley Edge.

How did both boys into tennis? What got them hooked into the sport?

I've always played a lot of racket sports, but squash was my main sport. I played for the local men's tennis team at Mellor and so it was just a natural progression with Oliver. I know his first summer camp at Mellor where he got a medal for most improved (everyone got a medal) piqued his interest. However, I think the main thing that got them both hooked is the fact it is all action (being boys they are very competitive) but also fun and a key part of the journey was that they made some good friends early on that they could play with.

What are the challenges/barriers that might arise along the pathway?

The key challenges are around time and money. As all tennis parents will know, it requires a lot of time on court to get to a certain level and so this requires dedication from both child and parent, and this isn't always easy when juggling work, school and home life. It is also very expensive! Oliver is competing internationally and unless you are one of the chosen LTA few, this falls on the parents to not only fund the trips but also go with them.

Nick Hague – Parent of 2 Cheshire Junior Players - *continued*

What are some of the qualities/skills that tennis has given Oliver and Casper?

Tennis has given them so many life qualities and skills. Oliver was very shy as a young child, but tennis gave him the confidence to go on court, handle himself, deal with the situation (good and bad) and this built him up into the confident person he is now.

To play the hours that Oliver plays and has trained through secondary school (often until late in the evening) it has taught Oliver to be organised with his time regarding schoolwork and homework, utilising his free time at school to catch up on work/homework in the library. If that doesn't happen, they can't possibly play so many hours tennis without detriment to schoolwork. We always have had the attitude that if school grades/effort went down tennis would have to give, therefore as he wanted to play so much, he's had to be strict with himself. Managing your time well is a life skill that will cross over into anything you do in the future.

I think the biggest quality it has given my boys is that you can't always win and that you fail often (be it a point, a game, a set, or a match). Getting accustomed to losing and learning how to handle it and learn from it is a great life lesson.

How has tennis impacted the boys' lives and growing up?

Tennis is their life! Especially with Oliver, his world revolves around tennis but then most of his close friends are tennis players too. As I write this, I'm currently touring Finland and Sweden with him as he's progressed to competing in ITF tournaments now. These are experiences that you never forget and to be there on that journey with your child is something to cherish!

Do they beat you yet?

I'm afraid they do!

Llewelyn Bevan – Cheshire Player at Loughborough University

Background, where did you start playing at? Age? Which clubs?

I started playing at around 6 with my parents and Tettenhall tennis club, when I got a bit older, I moved to Wrexham Tennis Academy and now I am a member of Hoole.

How many years have you represented the County?

Too many to count! I would say pretty much every year, from 12U all the way through to 18U a couple of years ago. I have played for the senior team 3 times now, although it was incredibly annoying that both Summer and Winter County Cups were cancelled last year.

Best highlight playing for Cheshire

Men's county week 2 years ago, I loved the entire week it's great fun and so nice to play on the grass.

Which University do you attend?

Loughborough

What made you pick British University over an American University?

A big factor for me was the difference in education. From my research, British universities offer a better educational program that is more valued when applying to graduate schemes/jobs in the UK.

What does a typical day look like at university? How do you combine your studies with playing tennis?

I am very lucky to have a very full-on training schedule at Loughborough. A typical day would be wake up at 6am, on court 7-9am followed by gym 10-11:30am then back on court 1-3pm. On Wednesdays we have matches against other universities and then Thursdays are typically lighter to recover from the match on Wednesday. In terms of work, there is a lot of time spent catching up, all lectures are recorded so I tend to do them in my breaks, in the evening or on the weekend.

What is the best part about playing University Tennis?

Being part of a team is great. Tennis is a lonely sport a lot of the time so it's nice to be in a team for a change. It's also great to play doubles every week which is a big change from academy tennis.

Biggest challenge at university?

Probably fitting everything in! You have to be very strict with yourself not to fall too far behind with work as you will likely have a much busier schedule than the average student and this sometimes means sacrificing the parties!

If you could give one bit of advice to a player looking to go to university in UK, what would it be?

Come to Loughborough, simple as that!!! Joking aside I would recommend taking the time to go and check out a few of them and meet the coaches, go to a few training sessions and find out what a weekly schedule would look like and see if it appeals to you - different unis will have very different schedules.

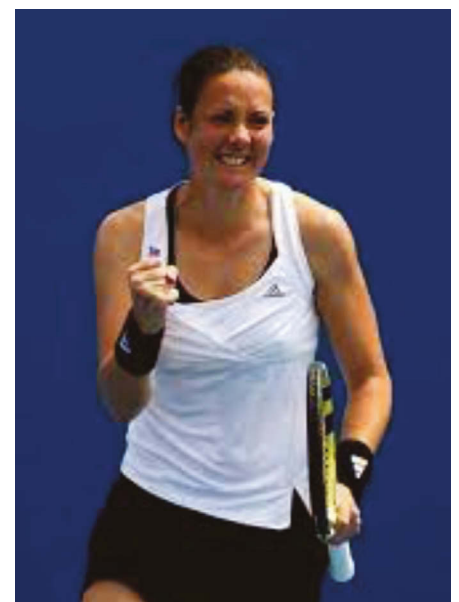
Favourite Tennis player and why?

Marat Safin, probably a bit old for the younger ones to remember but he was just a very cool guy and had an unbelievable serve and forehand.

Be A Student of the Game

Sarah Borwell, former British number one in doubles, gives us an insight into how young players can develop their careers in tennis.

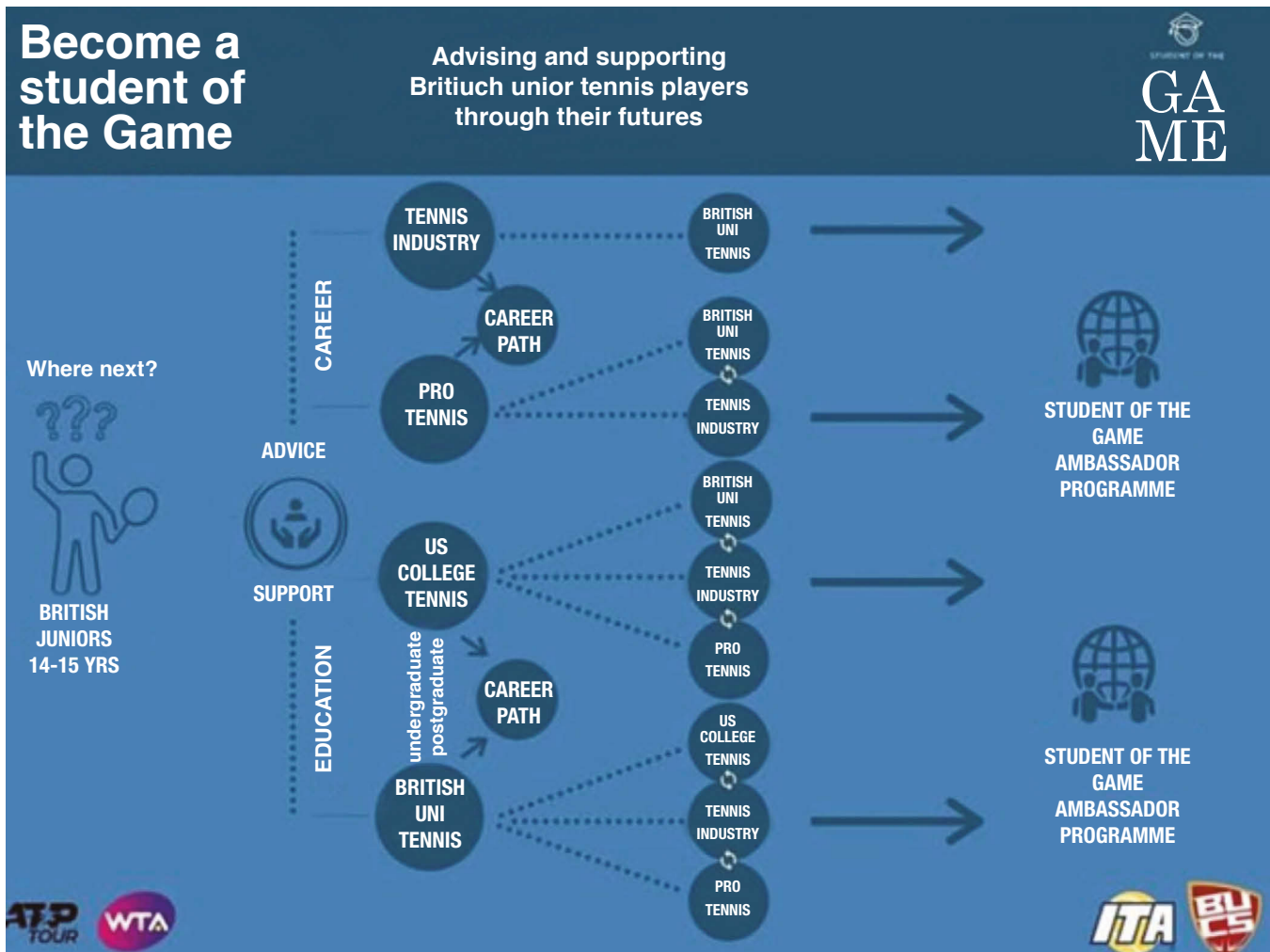
Having experienced the ups and downs as a junior player, I understand how daunting it can be for both player and parent when navigating your way through junior tennis. Since retiring from the Pro Tour in 2011, I have made it my objective to support the next generation and believe it's important to offer clear, attainable goals to every British junior tennis player.



Be A Student of the Game - continued

We all have dreams of the Pro Tour and these shouldn't be lost due to lack of information but rather ignited by the prospect of finding a suitable pathway leading you to success. It is therefore important to be aware of the 4 pathways available to you, understand how each pathway works and what is required. I am obviously a product of an American university; it changed my life but it doesn't mean it's the right route for everyone.

In order to help players and parents understand the 4 pathways we have been organizing tennis camps throughout the country. These camps discuss American and British university, how to stay in the tennis industry and what it means to go Pro at 18. The Student of the Game Camps are a great way to build your knowledge and understanding while competing in a fun environment.



We offer a number of different workshops run by experts in their fields which include: SAT/ACT tutoring, sports psychology, tennis specific fitness, data analysis, media training and doubles specific training. In addition, players will meet and learn from former American and British University student-athletes and coaches as well former ATP and WTA players. Each camp will include high-quality competition which will count towards players' UTR/WTN .

Sarah Borwell Director of Tennis Smart and The Student of the Game

<https://tennissmart.net>
Be A Student of the Game

Safeguarding in Cheshire Tennis

We, in Cheshire County LTA, strive to ensure that all children, young people and adults at risk are safeguarded from abuse and have an enjoyable tennis experience.

Everyone who is involved in tennis in Cheshire has a shared responsibility to support this by promoting the welfare of all children, young people and adults at risk.

The LTA has recently partnered with Sport England to pilot a cutting-edge safeguarding awareness campaign, called Safe To Play, aimed at clubs, coaches, parents and players.

Campaign cards have been sent to our registered venues and accredited coaches and you may notice these, together with posters and banners at venues you visit in Cheshire.

The website <http://www.safetoplaytennis.co.uk/> has lots of additional information and guidance.

More information on Safeguarding in Cheshire can be found on our CCLTA website <https://clubspark.lta.org.uk/Cheshire2/Safeguarding>.

The Cheshire County Safeguarding Officers are Liz Sweeting rljk@btinternet.com and Mark Bundy limaol.mb@gmail.com

Cheshire County LTA contact details

Well, it's been a bit strange over the last few months as the office remains temporarily closed. Lynne Whitford, County Administrator, is working from home from Tuesday to Thursday from 9am to 3pm. The best way to contact her is by email at lynne@cheshirecountylta.org.uk or you can leave a message on 01244 301 531.

Our website <https://clubspark.lta.org.uk/Cheshire2> has all the latest news and initiatives from the County and please check our social media pages for immediate updates



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Tennis in Cheshire

If you would like to feature your team or venue or yourself across the tennis community in Cheshire, please get in touch.

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