

**AGM - 2024**  
**Head Coaches report**  
**13/6/2024**  
**Pat Wilson**

**1.Minis & Juniors**

1 Current classes taking place:

- 1.1) Tots Tennis (ages 3-5)** This class is the ideal starting point for getting children involved in tennis. At this age, lessons will include key basic cognitive skills and basic footwork movement. Lessons are kept relatively short (around 30 minutes) to help accommodate a child's attention span.
- 1.2) Mini Red (ages 5-8)** These sessions are played on a modified tennis court involving a smaller net or lowered actual tennis net. More technical application will be applied in these lessons in a fun manner.
- 1.3) Mini Orange (ages 9)** Progressing from the Mini red stage, the tennis court will be slightly bigger, involving bigger racquets and smaller tennis balls. Children at this age will be looking to rally competently within the Mini Orange court.
- 1.4) Mini Green (ages 10-11)** The next stage up from Mini Orange and this is played on a full sized singles court, where players will be nearing towards using a full sized racquet.
- 1.5) 14 & Under (ages 11-14)** Players will be using a full sized tennis racquet and the yellow tennis balls.
- 1.6) 18 & Under (ages 14-18)** The last course for the junior coaching pathway and after this players will then hopefully progress onto the adult courses and look to play in some of the adult league fixtures.

These classes run regularly throughout the week and there are classes for both development and experienced players.

## **2. Current events taking place**

**2.1) Team tennis (Aegon)** – A handful of teams have been entered into the South Wales leagues for various age groups and are competing against other clubs. Most recent success was from the 8 & under team who won regional division 2.

**2.2) Match play events for development players** – Have recently been liaising with Head Coach from Stow Park tennis club, to arrange friendly matches for some of the juniors who aren't quite experienced enough to play league matches yet.

**2.3) Sanctioned LTA events** – We host LTA graded events at Cwmbran tennis club for the Minis and Juniors, which allows players to get match play in. These have been set up jointly with an official LTA referee (Adam Newton).

## **3. Future events planned**

**3.1) Annual Club championship 2024** – Will look to host an internal annual competition for all the age groups (above). Open to both boys and girls.

**3.2) Youth Start courses** – Will look to deliver this course at a later date as it is a great initiative to help get more signed up on the programme.

**3.3) Holiday camps** - These run throughout the school holidays and provide the opportunity for the children to play more tennis.

## **4. Adult lessons**

**4.1 Adult beginners** – As this name suggests, this class is aimed for beginners and is the stepping-stone for their journey.

**4.2 Adult intermediate B** - This class is for those who have progressed from the 'adult beginners.' Players are at a stage where they can play matches, know the rules, how to score and are developing a firmer grasp both technically and tactically.

**4.3 Adult intermediate A** - This class is aimed at those who are regularly playing league matches against other clubs. This session has seen players represent Cwmbran tennis club in various leagues.

**4.4 Cardio Tennis** - This is a class that is purely designed to help improve fitness levels and provide the players with a good workout. It is performed to high tempo music, where players hit lots of low compressed tennis balls and perform demanding footwork movement.

## **5 Events taking place**

**5.1 Singles ladder** – A fun yet competitive event where players get to play singles and the objective of the event is to climb the ladder as high as possible. Details of the rules and how to enter can be found on the website.

**5.2 Annual Club championship 2024** – This is now taking place and details of the draw can be found in the clubhouse.

**5.3 Wimbledon social** – Taking place on Saturday 29<sup>th</sup> June. A fun doubles event followed by a BBQ.

**5.4 League matches** - Numerous amounts of teams have been competing throughout the Summer and Winter with a range of mixed results. Details can be found on the Tennis Wales website as to how teams are performing.

## **6 Future events planned**

**6.1 Racquet demo days** – We have regular contact with a racquet specialist from Cardiff, who comes down with a wide range of racquets for our players to sample. Discounted rate if ordered on the day.

**6.2 Regular social events** – We try to put on as many as possible throughout the year and are always welcome to any ideas members of the club might want to share.

**6.3 Open Day** – At some point in the year we will host an open day, which will be open to the members of the public where they can use our facilities and receive a free group lesson.