

February 2020

Lisvane Tennis Club

The tennis section of Cardiff Athletic Club



Welcome to our first Junior Newsletter

This is aimed at our junior members but we hope also your parents might find it an interesting read

Keeping you safe

We want you to enjoy learning to play tennis in your coaching sessions and also playing at lots of other times, as a club, we also need to keep you safe.

STAY SAFE

Keep yourself safe in the Club, listening to your coach or volunteer, behave responsibly and speak out when something isn't right.

ARRIVE PREPARED

Always bring the correct kit and plenty of water for on court breaks

STAY SEEN

When you are at the Club, stay in places where we can see you and don't wander off

NO SMOKING OR ALCOHOL

No smoking or consumption of alcohol is allowed at any point during your time at the Club

NO BULLYING

Report any incidents of bullying, including homophobia and transphobia to a coach or club welfare officer

HAVE FUN

Make our club a welcoming and friendly environment. Play tennis by the rules and have fun

SHOW RESPECT

Respect all our coaches, volunteers, and club members

CELEBRATE DIFFERENCES

Respect and celebrate differences in our club and do not discriminate against anyone on the grounds of gender, race, sexual orientation or ability

Team tennis update

Our 8U and 10U have been playing through the cold winter months in lots of team tennis matches.

Well done to all the players.

10U - Fin, Ted, Joel and Josh
Our 10U have just won their league.

8U - Ethan, Haydn, Toby, Benji, Aimee

For the summer, we have entered 9U, 11U, 12U and 14U teams - so hopefully lots of chances for you to join in with team tennis this year.



If you have any queries or concerns about your safety at the club, please get in touch with our safeguarding and welfare officer Emma Reid Jones 07870 199414

Lots of our older juniors regularly play for the adult mens, ladies and mixed teams. This winter we have two mixed teams, with the second team made up mainly of juniors. The ladies have two teams - with juniors joining in with the second team. Once you get to a certain level in your tennis, you will be invited to come to social nights (ladies on a Tuesday, mens on a Wednesday and mixed on a Thursday) - it's a great way to play with lots of experienced players

Wimbledon ballot

Do you want to go to watch matches at Wimbledon? As a junior member (11 and over) you can opt into the venue Wimbledon ballot via your LTA account. The more people we have opted in, the more tickets we receive. So ask your parents if you can opt in to the ballot in your LTA account. You'll need to do this by 14 February for this year's ballot.

We will invite all members to a ballot evening in May in order to be in with a chance of buying a ticket.

Here's the all important link:

www.lta.org.uk/Members-Area/home/benefits/british-tennis-membership-wimbledon-ballot-opt-in/



Tom at Wimbledon after being successful in the club ballot

For your parents



Tony will be running a cardio tennis class in the spring. This is perfect way for total novices or keen players to keep fit using tennis. Run for a series of six sessions during the day, cardio tennis is a really fun class of tennis moves, exercises and music to set you up for your day ahead.

Tony will also be running some beginner group lessons - so if you want to play a bit of tennis yourself please keep an eye out for his messages,

You can also join the club if you want to play more or hit with your child. Lots of our members have joined because their children were being coached. (In fact, the majority of the ladies second team started playing tennis here at Lisvane because their children were in the coaching programme.)

All abilities welcome - please get in touch with our membership secretary Juliette Sherrard (07757 506364) for more information about joining us.

As a member of Lisvane Tennis Club, you are automatically part of Cardiff Athletic Club. We are the tennis section of Cardiff Athletic Club

Benefits include being able to park at the Westgate street carpark (not on match days) and entry to the club house (Again, not on rugby match days).

Junior interview: Tom

Tom has been in the coaching programme since 2014.

What made you first interested in playing and learning tennis?

I've always loved sports. My mum encouraged me, being a keen player herself she thought it was something we could play together when I got older.

How long have you been a member of Lisvane Tennis Club?

I joined in 2014, so 6 years in total



What's the best thing about playing tennis?

There are a lot of different skills needed. My coach, Tony, gives me lots of encouragement. It involves thinking on your feet, challenging yourself, playing lots of different people and being able to represent the club in competitions.

What has been your proudest tennis moment so far?

Winning the Junior Club Championship in 2018 against Sam at age 11.



Have you had to overcome any challenges on your tennis journey?

Yes. Playing some tough higher grade competitions and still keeping a smile on my face!

Would you recommend tennis to other juniors?

Yes it's great fun, it keeps you fit and healthy and you make lots of friends.



Quiz time

Be in with a chance to win a Babolat towel by answering these three simple questions.

Who won the 2019 ladies singles Wimbledon Championships

What are the 'grand slam' tournaments? (hint - there are four)

What is 'sudden death deuce'?



Please jot your name, parent's email address on a piece of paper and give to Tony in coaching or ask your parents to email your answers to lisvanetennissecretary@gmail.com by 1 March 2020. Winners will be drawn out of a hat.