



## Coach to Player Ratio Guidance

For every parent or guardian who has a child that wishes to play tennis, one of the toughest things is deciding where your child or children should go for their tennis training and coaching. Even when you have committed to a club and its tennis programme, it's difficult to know if the service that you and your child are receiving is right for them and the best available, particularly when you are paying for that service.

A major part of a service and level of coaching which is provided is the Coach to Player Ratio. If the ratio is regularly excessive, then there is a good chance that your child is not obtaining the best out of their sessions, no matter how good the Head Coach or assistant coaches are.

To this end, at Montrose Tennis Club, we have adopted the following guidance as appropriate Coach to Player ratios, which are based on LTA recommendations.

ACTIVITY	MAX RATIO Coach:Player	SPACE	CONSIDERATIONS
TOTS (3-4years)	1:12	Flexible – not necessarily on tennis courts	Assumption parents are providing on court support, 1:4 with no parental support
U10 Coaching	1:10	Relevant size tennis court/space for stage	Group size can increase using assistants
11-17 Coaching	1:12	2-6 players per court is optimal Some sessions can exceed this eg cardio tennis	Group size can increase using assistants
Adult Coaching	1:12	2-6 players per court is optimal Some sessions can exceed this eg cardio tennis	Group size can increase using assistants
Taster & Intro Sessions/schools/camps/Open Days	1:16	Flexible – not necessarily on tennis courts	Group size can increase using assistants

When working alone, as a minimum all coaches should be LTA Level 2 qualified and in possession of a valid PVG check.

Please note that these ratios are only a guide, as Montrose Tennis Club considers it to be unfair on others to cancel individual sessions if a specific ratio was to be breached. However, if you have any specific concerns or queries regarding these ratios, please contact the Head Coach directly who will be happy to discuss the matter further.

If you feel your query has not been fully addressed, please contact [montrosetennisclub@gmail.com](mailto:montrosetennisclub@gmail.com)