



Player Performance Pathway

Open / Drop-In Sessions

Low cost, low commitment. High-volume, team based activities to grow the game at all levels. Including Junior Mornings / Kids Camps / Open Days / School Visits

Starter Courses

Short courses to introduce new players to the game. Technical teaching plus awareness of the rules and follow-on opportunities. Including Tennis for Kids, Tots Classes, Tennis Xpress

Hitter Squads

Regular tennis players attending coaching on a weekly basis (plus drop-in social tennis). Themes follow a Long Term Athletic Development Plan plus a holistic approach to player development.

Player Squads

For players training twice a week and competing for junior / senior teams. Advanced technique related to game tactics.

Competitor Squads

For players training 3+ times per week and competing (on an individual basis). Tournament advice and visits plus regular internal match play.

Access Sessions (LTA)

For players at the very top of their club programmes competing at county level tournaments. Held at TS & external venues. Including South Wales Development Squads.

County / Regional Training (LTA)

For identified players to compete at a county/national level. Monthly South Wales County Training, progressing to Regional / National Camps.

Tennis Squad Values Initiative – developing interpersonal skills and qualities for life

Competition for all – see www.tennissquad.net Competition Guidelines.