

The coaching team's philosophy to help develop Sidmouth Tennis Club

Purpose

Adults and juniors join tennis clubs for a variety of reasons including to:

- Enjoy and to have fun in a safe environment
- Improve their game & progress at their own pace
- Meet new people and play with their friends
- Help with their physical and emotional well being
- Enjoy some competition

Sidmouth tennis club is an LTA registered venue which is served by an active committee, has a 5 year development plan, and works closely with the coaching team to help deliver this plan.

The purpose of this note is to summarise the coaching team's philosophy towards working with the club to deliver tennis services to support its increasing adult and junior membership.

Our commitment and vision

The coaching team seeks to provide a service to all members of the tennis club by:

- Sharing their passion, experience, opportunities and joys that tennis can bring to each and every individual
- Providing tennis development for players both tactically and technically, whilst understanding the reasons people come to tennis and helping them to become the best they can
- Providing an all-round tennis service from tots to retirement plus!
- Encouraging people to come together to enjoy the game
- Equipping junior members with the confidence and skills to be able to step into any club around the country/world and hold their own

How the Head Coach (HC) oversees development

The HC has an important role to play by being responsible for the quality and ongoing improvement of the tennis services provided by the coaching team in line with the club's expectations and support. This is managed commercially through a Head Coach agreement which is reviewed on an annual basis.

Services provided by the Coaching Team

The coaching team provide the following tennis services:

- Adult and Junior coaching (Groups and Individuals)
- Cardio tennis
- Adult and Junior Hitting support
- Organised social events – such as triples
- Organised competitive events
- Support and advice to the Club's match teams
- Support and advice to junior parents
- Racket re-stringing

- Help to juniors with their Duke of Edinburgh and Tennis Leader schemes

In line with the club's development plan, it is also preparing to deliver:

- Expanded links with local schools
- Disability tennis
- Strength and Conditioning
- Supporting the club with tournament and umpire development

How we deliver these services

These services are delivered by the HC, in accordance with LTA rules and guidelines, with a coaching team consisting of LTA Level 1,2 &3 assistants, instructors and coaches and tennis leaders.

The HC works with the club committee to produce it's 12 week coaching and social programme for distribution out to members. Members then subscribe to the services directly via the HC who then co-ordinates their delivery among the coaching team.

Some key points to note are:

- The coaching services are delivered by LTA Accredited Level 2 and 3 coaches with the support of Level 1 assistants and Tennis leaders as appropriate
- Cardio services are delivered by those who have attended LTA Cardio training
- Hitting services are aimed at complementing the coaching and player development in accordance with LTA guidelines – “practice partners with a total absence of teaching or advice”
- Social events are organised and agreed with the club's social secretary
- Competitive events are organised with the club's committee and usually will include the team captains
- The advice to parents on their child's development is only provided by Level 3 coaches and above
- Racket re-strings are performed by UKRSA Approved Stringers

Occasionally, additional 'unqualified' assistants are required to help (e.g tennis hitting, feeding balls) and this is performed by them working alongside other coaching team members with the prior approval of the HC.

Tennis leaders are part of our investment for the future and are a role model to younger players and inspiring others to play whilst gaining invaluable life skills, confidence and experience.

How we support the Coaching Team

As trusted and respected members of the team; we are committed to their development through individual and team meetings held to exchange ideas and experiences. Coach development plans are also produced if appropriate.

All Level 2 and 3 coaches are 'self-employed' and we help these, and the rest of the team, with:

- Self-employment advice
- LTA Continuous Professional Development training course and advice
- Assessing LTA training modules where appropriate

- Running LTA Tennis Leader courses
- Setting and assessing junior Duke of Edinburgh objectives
- Helping with their DBS and First Aid qualifications

In return, we expect our members of the team to:

- Follow the LTA Code of Conduct – with particular awareness of the use of social media with children (any communication goes through the parent)
- Respect and trust each other as part of the coaching team’s principles
- Professional behaviour both on-court and off-court when in and around the club
- Suitable tennis clothing and appearance

Team members are also expected to help the club ‘take up’ of the services by referring any direct requests they receive, or in-direct opportunities, to the HC for co-ordination.

How the club support the development

The club committee plays an integral role working with the coaching team by providing:

- A Junior Development Officer to help organise junior teams and matches
- A Welfare Officer to oversee members safeguarding in accordance with LTA guidance
- General support with the running of club tournaments
- Confirmation with the LTA that all Level 2 and 3 coaches (and above) are accredited
- Income protection for the coaching team by ensuring that coaching and training activities are only undertaken with the knowledge and approval of the HC
- Joint review of the HC agreement to reflect members and committee needs

Summary

Effective collaboration between members, committee and the coaching team is needed to continue to deliver high quality tennis services and to deliver the club’s vision for the future.