



CAUNTON ACES

PERFORMANCE TENNIS LTD

PERFORMANCE PLAYER INFORMATION PACK





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PLAYER INFORMATION PACK

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Contact:

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What is the 'Caunton Aces Performance Tennis' programme

The Aces programme is performance coaching for players who are identified as showing potential to be high club, county players or higher.

Players are put into specific groups within the club which are by invite only and are run by our Performance Coaches James Harding and Zeferino Antonio. Within these group which push players and attempt to provide them with the necessary skills to achieve their full potential within tennis. All groups include athletic skills development/fitness which is extremely important for the children's development. Week 1 of each new term is 'Goal setting' which we then evaluate on the first week of the next term and then set new goals.

In addition to the group Coaching, it is ideal for players to also have an individual lesson with one of our coaches. These can be booked by contacting James who can help select the right coach for your child.

To develop the children's tennis they will also need to be playing regular matches and tournament play

What players are selected to be part of the 'Caunton Aces Performance Tennis'

We select players who we identify as possessing the skills required or potential to become a good club level player, county player or higher.

Things we are looking for:

- 1) Athletic skills
- 2) Good hand-eye coordination
- 3) Good focus and concentration
- 4) Resilience
- 5) A good attitude
- 6) A will to win
- 7) Emotional control
- 8) A great attitude to learning
- 9) Love the sport

We will be looking for these attributes in players and although these will be developing all the time we are looking for children who we believe have some of these fundamentals which are crucial to tennis development.



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What we expect of the players

Players who are selected for the Aces programme' are expected to undertake a minimum of 2 group sessions per week with an individual as an ideal scenario. This is starting from Mini Tennis orange. As players get older and progress then we would ideally like them to play in 3 groups per week.

In addition to the training, players should be competing in regular matchplay and tournaments. These take place at weekends and during the holidays and ideally players should be competing at least once or twice per month.

We only expect all players to try their best, to listen and to push themselves to improve.

Groups lessons and individual lessons

As previously mentioned players are expected to attend a minimum of 2 groups per weeks with an individual on top if this is possible.

The groups we offer are listed below but the coach will make a recommendation as to which they think would be best for your child. The coach is shown in brackets.

Under 9s and Under 10's

Monday 5.30-7pm (James Harding)

Wednesday 6-7.30pm (Zef Antonio)

Fridays 5-7pm (James Harding)

Under 12's, 14's, 16's

Monday 6.30-8pm (James Harding)

Tuesday 5.30-7.30pm (James Harding and Zef Antonio)

Wednesday 5-6.30pm (James Harding)

Thursday 4.30-6.30pm (Zef Antonio)

Thursday 6-8pm (Zef Antonio)



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In addition to the group Coaching, it is ideal for players to also have an individual lesson with one of our coaches. These can be booked by contacting James who can help select the right coach for your child.

Matchplay and tournaments

All Caunton Aces players are expected to be competing regularly as this is a crucial element for the tennis development moving forwards.

What is on offer:

- Mini Tennis League matches against other clubs
- Junior League matches against other clubs
- Match practice sessions for Mini Red and Orange players on a regular basis.
- Caunton Masters series tournaments
- Caunton Grade 5 tournaments
- A full range of competitions for all levels and ages of juniors at many venues across Notts and the Midlands. Search <https://www3.lta.org.uk/Competitions/Search/>

Please see our Matchplay and tournament booklet for a complete guide on competition within tennis and visit the LTA Website.

County training

Nottinghamshire run county training for Under 9's, under 10's, under 12's , under 14's.

Currently 2 of our coaches head up age group within the county structure and we have 10-12 players as part of the county training squads from under 14s to under 9s. These sessions are highly selective and take place once per month over in Nottingham. There are only 8 places available for boys and 8 for girls within each age group within the county.

Players are selected based on recent results in tournaments of Grade 1-5 events (Grade 6 results will not be used to select players). County training is an additional training session to complement your club training programme. At Caunton we are very fortunate to have many county players so even if you're not selected for county training you are likely to still be training with county players within the club programme.



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Caunton Aces Hoodies and accessories

We have a range of items which only those attending the 'Aces' programme can purchase.

We would love all our players to have a hoody as it shows they are part of something unique within the club which they should be very proud of. Each hoody will come with players initials on and the cost is £20 for a regular hoody, £22 for a zipped hoody or £25 for adult sized hoody.

We can also get woolly hats, drinks bottles, t shirts, caps amongst other things.



Rackets and footwear

As a performance player you should ideally have a performance quality racket as without this the standard of play will be more limited. Players should also have tennis specific trainers as these are required for good quality movement and safety to help prevent slipping.

We supply top quality Wilson rackets and shoes which can be purchase by speaking to your coach who will make a recommendation as to which racket would be best for you. We also have a range of demo rackets which players can test out before you buy.