

## SHTC COACHING GROUPS

*Here are some guidelines for parents to have a better understanding on how we structure our Hot Shots groups on Monday afternoons and/or Saturday mornings. Also Included are descriptions/information regarding Interclub level coaching groups, our Development & Performance training groups, Winter match-play and/or all year around tournaments and assistant coaching options for our older SHTC juniors*

**Red A** (4-6 y/o): The RED BALL A is the entry stage group for young children that haven't played tennis. We use low compression balls, smaller racquets and adapted courts. A player would move to the next group, depending on the skill/strength and any extra coaching junior might display.

**Red B** (6-7 y/o): The RED BALL B is for players that are still within this age group, but either have already been in Red A or are slightly older (as we tend to split children's groups by experience and age). We use low compression balls, smaller racquets and adapted courts. A player would move to the next group, depending on the skill/strength and any extra coaching junior might display.

**Orange** (7-8 y/o): The ORANGE group coaching is done on a bigger court (3/4 length) and slightly bigger racquets are necessary. We still use low compression balls, so it's easier to the young ones to play and have fun. A player would move to the next group, depending on the skill/strength and any extra coaching junior might display. Players here would demonstrate a stronger technical base and will start playing some points.

**Green** (9-11 y/o): The GREEN group coaching is done on a full-size court and we use a mix of green-dot and regular balls. A player here needs to be strong enough to handle a bigger racquet, heavier balls and to play the full length of the court. The technical aspect of the Junior player also needs to be strong enough so once he/she moves up a group, the player can start competing/playing beginner interclub.

**Monday Red A or B:** Same as above that we run as a weekday option.

**Wednesday Orange** (7-8 y/o): Same as above that we run as a weekday option

**Wednesday Green** (10-14 y/o): This group is for beginner players that started tennis at a later age or those that have been progressing through the Hot Shots programs. Players are not yet ready to join children of the same age that are already competing (coaching is on Tuesday after school). Once player is ready to join and move up a group, they will get invited.

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**BEGINNER interclub (coaching groups and interclub):** Monday & Tuesday training groups are strictly split so players train with their Interclub teammates (however exceptions can be made). These players should have the strength & confidence to be able to start playing competitively. Beginner IC games are also supervised by an on-court adult, making it easier for the players. Players can play beginner Interclub for up to 2 full terms, before moving to Open interclub (different sections available depending on the overall strength/experience of the player and team).

**OPEN interclub (coaching groups and Interclub):** Tuesday training groups are strictly split so players train with their Interclub teammates (Open interclub teams have their coaching later in the afternoon/evening). Players are split into Open section teams (1, 2, 3 & so on) depending on the player and team's strength. They are also split by their age group, or possibly 'play up' an age-group bracket if they are confident and strong enough.

**Development Training Program:** The next pathway of our coaching options is on an invitation-only basis only and we (club coaches & junior convenors) look for many things before we invite players to join this group. Players are invited/selected based on the following criteria:

- Tennis potential
- How much they like the sport
- Commitment to/and during their trainings
- Whether they play all year around
- If he/she takes any extra coaching (private coaching or more than one group coaching/week)
- Age (with a special focus on the younger ones)
- To encourage more girls into tennis and higher levels of coaching options

A strict ratio of student/coach is 1:5, with only up to 10 players and 2 coaches (head coach & assistant). These sessions are subsidized by the club (\$15 per player) and run for 1.5 hrs including 20-30mins of tennis-related fitness.

**Performance Training Program:** Our Performance Training Program is by invitation-only and is design to keep and retain our top-tiered Junior players training and competing at the club. Players are invited considering different criteria:

- A dedication to the sport, all year around (coaching & competition)
- A strong technical & tactical understanding of the sport
- Number of total weekly hours a player dedicates to the sport and willingness to keep improving on their grade (by competing all year around)

A strict ratio of student/coach is 1:4, with only up to 4 players and 1 coach per session (normally head coach). These sessions are subsidized by the club (\$25 per player) and run for 2 hrs including 30mins of tennis-related fitness. Non-members are also welcome to join this program on a user-pay basis, if the player has the ability and there's space within the program (\$30 per session)

Once any junior player within this program reaches a certain Grade of S8 (boys) or S6 (girl) they receive the following benefits:

- One term of fully funded Training. T's&C's apply. If this player maintains their S8/S6 ranking for one term they will receive a second term of fully funded weekly Performance training
- Two tournament fees per annum will be funded
- Private coaching discount of 50% of the full rate. T's&C's apply and is subject to coaches' available times

Once a player who is a Sunnyhills tennis club member within this program achieves an S7 (boys) or S5 (girls) they receive the following additional benefits:

- Two fully funded coach accompanied tournaments per year

Players also receive a FREE Babolat tennis shirt on every third tournament they compete in (travelling as a SHTC team and with a coach).

**Tournaments and winter match-play series:** Throughout the year we encourage our juniors to come/join as part of our SHTC travelling team and compete in the various tournaments scheduled in and around Auckland. This helps our players get more match-practice outside just summer interclub. All logistics are prepared by our coaches, including travelling to and from the tournament site.

Our recently started winter match-play series runs through the winter terms and serves as consistent match-practice between juniors from 3 clubs: Sunnyhills, Howick & Koru.

Juniors from all levels (from beginner interclub standard) are welcome to join any of these options. Contact our coaches for more info.

**Assistant coaches (and courses):** At the start of winter as needed, we may select 2 to 3 older juniors that have the potential and/or willingness to become future assistant coaches at our club. Sunnyhills will subsidize part of the cost from Tennis NZ's Assistant Coaches Course offered during the winter. Assistant coaches are paid for their hours which helps retain our older Juniors who want to stay involved with our club as well as continuing junior or senior interclub, representing SHTC.

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Although tennis is considered a summer sport in NZ, it does require constant training & practice in order to see positive results in terms of overall improvement and/or at the different available junior competitions. We encourage players to take up coaching year-round, either with groups, private coaching or small (private) group coaching, as well as taking part in the many tournaments and match-play options we have at Sunnyhills Tennis Club.

**Gabriel Hernandez – Head Coach, Sunnyhills Tennis Club**