



Elm Park Tennis Junior Information Evening

Thursday 21st March @ 7pm

Elm Park Junior Tennis – 2019

Parent Committee

- Greg Duffy (Junior Liaison Officer)
- Amal Roche (Child Welfare Officer)
- Des Roche (Child Welfare Officer)
- Suzanne Arbuthnott
- Melissa Walsh
- Gillian Ridgeway
- Seana Corcoran
- Jessica Mc Cormack
- Catherine Brady
- Tara Hughes
- Julie Ann Haugh

Junior Committee

- Alexandra Duffy (Lead Captain)
- Pierre Charmeil (Captain)
- Amy Maguire
- Grace Handy
- Ciara Egan
- Andrea Gavin
- Dylan Mackey
- David Arbuthnot
- Luke Meagher
- David King

Elm Park Administration

- Emmanuelle Fitzsimons
- Michelle Reynolds
(Office Manager Elm Park Golf & Sports Club)

Coaching Staff

- Rob Cherry (Director of Tennis)
- Victoria Gaidau (Club Coach)

Something for Everyone

- Importance of healthy living and sportsmanship
- Active membership
- Culture of transparency and openness
- An inclusive environment where all levels can excel
- A club that is always improving



Objectives for 2019

- Maximise participation
- To increase junior membership through friends and family networks and local community
- Promote Junior Tennis Achievements through the Sports Club



Goals for 2019

- Active, vibrant club that all levels want to be involved in
- Encouraging Juniors to play tennis regularly outside the formal coaching and event structures
- Encouraging regular participation by families in tennis and club activities
- Encourage regular involvement and volunteering to help run and organise events



How we will achieve our goals in 2019

- Introduction of U13 Mentoring programme
- Introduction of Young Adult Programmes
- Regular Family Tennis
- Making it easier to volunteer





U13 Mentoring Programme

Activity	Bronze	Silver	Gold
Elm Park Championships Entered	1	1	2
Improvement	Not Required	20%	30%
Junior Events Participation	2	3	4
Behaviour on Court	Excellent	Excellent	Excellent
Starts and Stripes	Yes	Yes	Optional
Challenge Matches	4	6	10
External Events (Opens)	0	1	3
Level Achieved in Tennis Knowledge	1	2	3
League Participation	Not Required	Yes	Yes





U13-18 Programmes

Programme	Tell me more
Hitter Sessions	Dedicated hitting sessions for advanced players. Ideal for big match preparation
14+ Involvement in Adult Leagues	Excellent for transitioning to adult tennis
Gaisce Awards (Ideal for Transition Year)	Physical Recreation Challenge
	Individual Challenge Limited places available for 13 week program
Play and Stay	The first rung on the ladder to tennis coaching

Junior Committee 2019



Junior Committee

- Alexandra Duffy (Lead Captain)
- Pierre Charmeil (Captain)
- Amy Maguire
- Grace Handy
- Ciara Egan
- Andrea Gavin
- Dylan Mackey
- David Arbuthnot
- Luke Meagher
- David King

What we do?

- Represent the junior members in the club
- Organise and manage dedicated junior events
- To support the Junior Tennis Parents Committee.

Junior Committee Events



Event Name	Scheduled Date
St Patrick's Day Tournament	18-Mar-19
Easter Egg Tournament	Easter Weekend
Junior Captain's May Tournament	11-May-19
Junior Captain's Day & Dinner	14-Sep-19
Junior Halloween Tournament	30-Oct-19

JUNIOR TENNIS CALENDAR 2019

Date	Event	Date	Event
8 Jan - 8 Jun	Jan Coaching Programme Term 2, 3	1 Jul - 2 Aug	Supervised Tennis
26 Jan – 9 Mar	U14 Stars & Stripes	19 Aug - 23 Aug	Junior Grasscourt C/Ships
16 Feb - 24 Mar	Saturday Afternoon Social Tennis	9 Sept - 14 Dec	Sept Coaching Programme Term 1
3 Mar	Leinster League U12 & U18	14 Sept	Junior Captains Tournament & Dinner
18 Mar	JC St Patrick's Day Tournament	22 Sep - 17 Nov	DLTC Junior Leagues U14 & U18
Dates TBC	Sunday Family Tennis	21 Sep – 19 Oct	U12 Stars & Stripes
14 April - 18 April	Junior Hardcourt Handicap C/Ships	30 Oct	JC Halloween Tournament
23 April - 26 April	Easter Tennis Camps	28 Oct - 1 Nov	Halloween Tennis Camp
11 May	JC May Fun Tournament	24 Nov	Junior Senior Turkey Tournament
15 April - 31 May	Internal League Box Sets	Sept - Nov	Saturday Afternoon Social Tennis
30 Jun	Senior-Junior Summer Event	28 Sep – 3 Nov	Internal League Box Sets

Handicap Hardcourt Championships - 2019

A Tournament for Everyone

Linda, Seana and Tara Managing

Objective	Action
Appeal to all levels	Introduced handicap scoring
Maximise participation	Changed to the week before Easter and encourage everyone to take part
Promote before and after	Utilised all channels of communication
Improve Retention	Lots of encouragement and well done





Junior Group Coaching Programme at Elm Park

Objectives of the Junior Coaching

- Promote Tennis as a “Game for Life”
- Have a safe playing environment
- Provide a programme for all levels
- Life skills
- Matchplay
- Pathway into adult league coaching
- Fulfil potential and represent Elm Park in Junior and Adult Leagues



Sample Lesson Structure of a 1hr Mini Tennis Lesson



3.00pm – 3.10 pm

Fun game to warm up

Introduction to today's lesson

3.10pm – 3.20pm

(ABC'S) Agility, Balance, Coordination and Speed exercises

----- **Water Break** -----

3.20pm – 3.55pm

- Main Part of Lesson: Technical & Tactical
- Self-rally – Rally in pairs – Rally over net
- Progressions on Forehand / Backhand / Serve / Volley
- Points play

3.55pm – 4.00pm

Fun game

Review Lesson

Junior Coaching Video

See link to video in Email

[illegible]

Player Report Cards

ELM PARK JUNIOR COACHING PLAYER REPORT CARD

Term 1 Report: 11th Sept 2017 to 16th Dec 2017

Player Name: Joe Bloggs

For each item below, a 'Y' (Yes) is given if the player is able to perform the skill consistently.
At the end of the report are some comments on how the player is progressing.



Groundstrokes Ready Position

When coach feeds ball	Y
In a rally / points situation	Y



Split Step

When coach feeds ball	Y
In a rally / points situation	Y



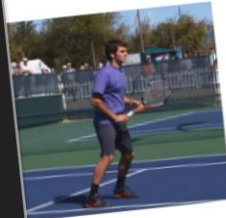
Forehand Preparation

When coach feeds ball	Y
In a rally / points situation	Y



Steps forward on return of serve

When practicing	Y
In a points situation	N



Volley Ready Position

When coach feeds	Y
In a points situation	Y



Smash Preparation

When coach feeds	N
In a points situation	N

Comments:

Joe has shown excellent progress in his lessons. He is a pleasure to coach.
Joe is able to perform many of the skills above when the coach feeds the ball in. For the next two terms, the goal is to perform the skills in a rally / points situation.

The following section is for players in 1.5hr or 2hr groups:

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Overall Tactical Ratings (Out of 10)

Forehand	7
Backhand	7
Serve	6
Return	6
Volley	6
Smash	6



Overall Footwork Ratings (Out of 10)

Forehand	7
Backhand	7
Serve	7
Return	6
Volley	6
Smash	6



Overall Mentality Ratings (Out of 10)

Concentration	8
Emotional Control	6
Confidence	7
Motivation	8
Rituals	6

How to make the most out of coaching!

- Match Practice e.g. Ladders, Boxes, Leagues, Tournaments, Championships
 - (Explanation of Ladders & Boxes)
- 'Hitter's List' Programme
- Practice Partner Initiative
- Play with Parent / Guardian / Family Member / Friends
- Junior Club Afternoon
- Hit against the Practice Wall
- Practice Serves
- Watch tennis matches

What next?

- U13 pick up a card on the way out and register
- Young Adults make sure to enter the Championships
- Explore the Coaching programmes
- Start playing more family tennis - join us on Sundays when the weather improves





THANK YOU!