



INFORMATION



BOOKLET



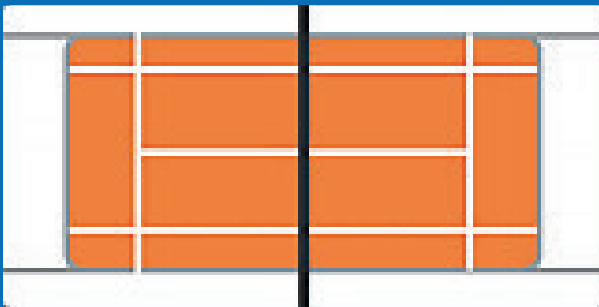
HELPING EVERYONE BECOME TENNIS HEROES!

MINI TENNIS

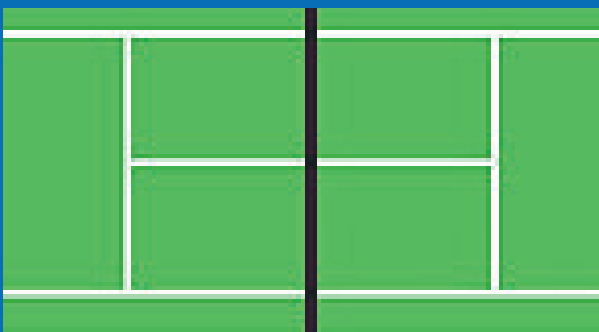
We use this structure as a teaching aid, it is not a measurement of progression or standard. We encourage an organic growth through the court sizes, it is not by age or ability!



Age Guide - 5-8 Years Old
Outdoors: Red Felt Balls
Indoors: Sponge Balls
25% Compression Balls,
making it 75% slower
21" - 23" Aluminium Rackets



Age Guide - 8-11 Years Old
50% Compression Balls,
making it 50% slower
23" - 25" Aluminium Rackets
(Graphite Preferred)



Age Guide - 10-13 Years Old
75% Compression Balls,
making it 25% slower
25" - 27" Aluminium
Rackets (Graphite)





LESSON

STRUCTURE



PHASE 1 - PHYSICAL


Tennis is a physically demanding sport, both athletically and to acquire new skills. We believe strongly in developing this area of our players through movement based games and activities which link to the theme of the lesson.

PHASE 2 - TECHNICAL

There have been extensive studies into habit formation, and we liken these studies to perfecting the basic tennis strokes. We take into consideration that tennis is an open skill sport with an extremely wide range of shots. Therefore, we believe that this highly technical sport demands you to 'hit a lot of balls!'

PHASE 3 - TACTICAL

There is no better learning place than on the match court. We learn through failure, so all players need to experience as much of the game situations as possible.





SQUAD PATHWAY

BEGINNERS

10 to 12 week beginner courses

Join one of our beginner courses which start every half term at one of our venues across Northamptonshire.

COMPETITION

Our competition programme is designed to accelerate player development and sharpen the technical, tactical, physical and mental skills needed to thrive in competitive play.

DEVELOPMENT

Join our development programme, designed to make tennis fun and engaging, our programme helps players build a lasting connection with the sport.

PERFORMANCE

Our performance programme supports players competing at the highest levels of UK tennis through tailored, individual development plans that focus on maximising potential and gaining the all-important small margins.





SQUAD PATHWAY

BEGINNERS

12-Week Beginner Courses

- Once per week
- Pay per term
- Open to everyone
- White and Blue Dampener
- Start new courses termly
- Age 5 to 15

COMPETITION

Competitive Players

- Minimum twice per week
- Red to Purple Dampener
- Pay monthly
- Competing monthly
- Aiming for County standard

DEVELOPMENT

Monthly Subscription

- Minimum once per week
- Red to Brown Dampener
- Pay monthly
- You must be on your blue dampener
- Age 5 to 15

PERFORMANCE

Performance Pathway

- Minimum 5 hours per week
- Pay monthly
- Green to Black Dampener
- Competing twice monthly
- RPDC Pathway





SUBSCRIPTION

We charge a monthly subscription, which includes the following:

- 45 to 90 minute weekly lesson
- Club membership (including free use of the courts)
- Interactive App (AP Play)
- Monthly Matchplays

This subscription model automatically takes your monthly payment via Stripe. The payment amount does not reflect how many sessions you have partaken in within a month, but is calculated across the year and divided into 12 equal payments. Lessons are term time only and this works out to between 38-40 lessons per year. Please note, you are not signing in to any long term contract, you can cancel this subscription at any time. All we request is one month's notice!

COSTINGS



- 1 x 60 Minute Outdoor Session = £33.50
- 1 x 60 Minute Indoor Session = £45
- 2 x 60 Minute Outdoor Sessions = £45
- 2 x 60 Minute Indoor Sessions = £69.50
- 2 x 60 Minute Combination Sessions = £57.50
- 1 x 90 Minute Outdoor Session = £45
- 1 x 90 Minute Indoor Session = £62.50
- 2 x 90 Minute Outdoor Sessions = £69.50
- 2 x 90 Minute Indoor Sessions = £101.50
- 2 x 90 Minute Combination Sessions = £84
- 60/90 Indoor/Outdoor Combination = £75.50
- 60/90 Outdoor Combination = £57.50



HOW TO SUBSCRIBE

- 1.** Click on the 'group sessions' tab. Search for the club you would like to attend and find the session that you wish to enrol into.

If you are doing multiple sessions per week then please enrol into all sessions then contact the Head Coach about setting up your payment subscription.

- 2.** Select the child you are enrolling and the month that you would like to start your lessons.

Please note payments will start on the day that you subscribe. If you backdate the start month, then it will charge you for all previous months. If you put a start month ahead of time then it will set up payments from the 1st.



- 3.** Return to the dashboard section of the app, there you will see the pending payment. If you are paying via childcare vouchers or cash, then please leave this as pending. If you are setting up the automatic subscription then click on the box and follow the instructions shown.

- 4.** Click the pay button on your start month, and follow the screens through to adding your card details in.

All payments will come out automatically. Please contact your Head Coach if you wish to cancel your subscription at any point. There is a 1 month cancellation policy.

Now you are all set up!



www.northamptontenniscoaching.co.uk





We work with
Tennis Clubs
around
Northamptonshire.
The following
information will
explain how to
book courts at each
of our partner
clubs.

CLUBS

We encourage
all players to
play outside
of their
weekly
sessions.

NORTHAMPTON LAWN TENNIS CLUB

Register for a junior membership and click the bank transfer/other option, this will make sure you do not make any automatic payments and ensure the courts are free when you book them.



ROADE TENNIS CLUB

Register for a junior membership and click the bank transfer/other option, this will make sure you do not make any automatic payments and ensure the courts are free when you book them.



KETTERING TENNIS CLUB

Use the Kettering Tennis Club app to book a court. If when booking it is not showing as free, please Contact Istvan - 07908434314.



COLLINGTREE TENNIS CLUB

Please download the Collingtree Tennis Club app. Then contact 07738476680 to ensure the bookings are showing as free.



KING'S PARK TENNIS CENTRE

All Northampton Tennis Coaching players receive 10% discount on Off-Peak courts at King's Park Tennis Centre. Please quote 'NTC' when calling.





**West
Northamptonshire
Council**



PARKS

**We're proud to partner with West Northamptonshire Council to improve access and increase the use of park courts across Northampton.
Book your court today and get playing!**

ABINGTON PARK

With 6 quality tennis courts set in one of Northampton's most beautiful green spaces, Abington Park is the perfect place to serve up some fun with friends and family.

RACECOURSE

Play your way across 3 welcoming courts at The Racecourse, a lively park that's ideal for casual rallies or friendly matches in the fresh air. Or maybe a little swing after your weekend Park Run.

BECKETS PARK

Enjoy a game on one of 4 well-maintained courts right in the heart of Northampton, surrounded by scenic riverside views, open parkland and the lovely Uni of Northampton.

HOW TO BOOK

- **Download our booking app called "Northampton Tennis Coaching", or scan the QR Code.**
- **Register an account.**
- **Click court bookings tab.**
- **Find your venue and book your court.**
- **You will receive a unique code for your booking to open the gates at your chosen venue.**



www.northamptontenniscoaching.co.uk



COMPETITION

Here at NTC, we heavily encourage competition as early as possible into your child's tennis journey. However, if your child is in our Tots Programme, it is a little too early! We like to encourage competition for our Mini Red's and up.

MATCHPLAYS

Matchplays are for everyone in our programme, they are the best place to start for those new to competition. They have less focus on an overall competition winner, and more emphasis on playing matches and learning through the process. We run matchplay sessions once a month and the dates for these can be found in the 'Tournament' section of the app.

LTA GRADED COMPETITION

LTA graded competitions are external competitions, giving players the opportunity to play a wide variety of opponents across the country.

Please speak with your coach before entering these competitions to ensure that they are suitable. These are recommended for those regularly competing or around the green stage of our grading system.





EXAMPLE PROGRAMMES

Below are some examples of player programmes. All of these players started their journey within a Northamptonshire tennis club. All of these children played tennis alongside attending other sports and activities. All of these players get extra practice outside of their lessons. ALL of these players still love tennis! Following a pathway like the following provides the players with options such as: University/College Tennis, Coaching, Sporting Degrees and careers within tennis such as physio, fitness or psychology.

CLUB PLAYER



1-2 Squads per week
1 Individual per week
0-15 matches per year
Hours per week = 2-4

Emily & Liam Bodsworth
Sean Burokur-Houltram

COUNTY PLAYER



2-3 Squads per week
1 Individual per week
15-30 Matches per year
Fitness Training
Hours per week = 4-8

Sebby Stevenson
Sophia Goodley
Mya Kom
Oscar Constable

REGIONAL PLAYER



2-3 Squads per week
1-2 Individuals per week
30-50 Matches per year
Fitness Training
Hours per week = 8-12

Sam Thomas
Annika Varney
Jack Webb

NATIONAL PLAYER



4+ Squads per week
3+ Individual per week
50+ Matches per year
Hours per week = 10-25

Oskar Laskowski
Leah & Tegan Bush
Joshua Wright





FACTS



PARTICIPATION



79% of children who played only once a week in 2022 QUIT!

100% of children who played twice per week in 2022 continued with the sport!

You are 4x more likely to build a love for a sport or activity if you do it a minimum of twice per week.

Of the 250 children who attended once per week in 2022, 22% attended a matchplay event throughout the year.

Of the 22% that did attend a matchplay session, 92% of players are still playing. Some of these players progressed to twice per week, some still play once per week.

What can you do to help your child fall in love with tennis?

Higher Cost/Higher Reward

**Individual Lessons -
£25 to £40 per hour
Pods - 3 or 4 to 2 ratios
with coach & hitter
£10 - 90 mins | £15 - 90
mins**

Mid Range Options

**Have a hitting session with
one of the assistants -
£11 to £13
Extra group £45 per month
(£69.50 if you do 90 minute
sessions)**

Free Options

**Use your tennis club
Practice with a family
member
Play in the monthly
matchplay**





GRADING

SYSTEM

WHITE

Children who start the game with us will start at the white stage. They will be looking to learn some of the basic shots, skills and learn the rules of the game.

BLUE

Technical

- Children have a basic knowledge of swing path and bodywork involved in forehand, backhand, volleys and serves.

Tactical

- Children are comfortable on the match court, and can understand the basic tactics to win a point.

Physical

- Children have a basic knowledge of ready position, split step and recovery.

- We advise all players to be practicing twice per week, this can either be coaching sessions or private practice.

- Children must be coming to matchplay sessions regularly.

RED



GRADING

SYSTEM

GREEN

Technical

- Children are starting to develop a wider range of technical ability, being able to hit with spin and are confident with the racket work on all shots.

Tactical

- Children are progressing on the match court, displaying multiple tactics they could try within matches.

Physical

- Children are becoming more automated with their movement patterns, and can effectively demonstrate the basic technical aspect of the movement needed.

- Children must be practicing twice per week, this can either be coaching sessions or private practice.

- Children must be coming to matchplay sessions regularly, ideally at least once per month.

BROWN

PURPLE

Technical

- Players are demonstrating a strong knowledge of technical ability, and are automatically producing efficient swings.

Tactical

- An awareness of game styles is starting to come into their game, with the ability to change tactics and see strengths and weaknesses.

Physical

- Advanced footwork pattern is starting to become more automatic in their game, and are starting to work on the efficiency of their footwork and bodywork.

- Children must attend 2 sessions per week, either two squads or a 1:1 session with a squad.

- Children must be coming to matchplay sessions regularly, ideally at least once per month.

BLACK

Technical

- Children have an advanced knowledge of the racket work and technical skill.

Tactical

- Children can display a high range of tactics along with a strong understanding of their game style and opponents.

Physical

- Children have an advanced knowledge of the body work and footwork patterns needed to be efficient on court.

- Children must attend 2 sessions per week, either two squads or a 1:1 session with a squad.

- Children must be coming to matchplay sessions regularly.

AP PLAY



Activity Pro Play is our interactive progress measurement app which is there to help gamify the children's journey through the sport. We use this app to help give children an understanding of their improvement and aims. There is also a huge amount of extra features in order to help them get addicted to tennis!

Apple



To register an account, go into the Northampton Tennis Coaching app and click on the three dots in the top right corner. There, click family.

Here, you can see all of your information about your family, and add/edit family members information.

Every child has had an account created for them when you add a family member. Click on the child's name and 'AP+ Subscription.' This will bring up their login ID and also a button to reset the password, should you need to.

Android





We are proud to be an official Yonex stockist, and can supply all of your equipment needs, from rackets to clothing and accessories.

We offer:



Rackets

Caps/Visors

Clothing

Shoes

Balls

Bags

Grips

Socks

Dampners

Water Bottles



You can now purchase your NTC stock via the shop in our app



We also offer
a Re-Stringing
Service within
our shop



Price List:		
Strings	Next Day - Priority	Standard Service (2-5days)
High Quality Polyester	£32	£27
Mid-Range Polyester	£27	£22
Budget Polyester	£23	£18
High Quality Multifilament	£32	£27
Mid-Range Multifilament	£27	£22
High Quality Synthetic Gut	£27	£22
Budget Synthetic Gut	£23	£18
High Quality Hybrid	£32	£27
Mid-Range Hybrid	£27	£22
Budget Hybrid	£23	£18
Grip Replacement - Overgrip	£5	£4
Grip Replacement - Standard	£8	£7
Own Strings	£17	£12

NORTHAMPTON
TENNIS COACHING



The Big Green Container

@

Northampton Lawn
Tennis Club, Westwood
Way, NN3 3HH



07738 476680





FAQ'S

What if it is raining, or the weather is bad at the time of my session?

If we cancel a session for any reason, you will be notified by text a minimum of an hour before the lesson. You may also attend a make up session of your choice.

What happens if I miss a lesson due to holidays, illness or family events etc?

Our policy is simple - we want children to play tennis as much as they can! Therefore, if you miss a session you can attend any other session of a similar standard, please see our 'Make up Session Timetable' or speak to your coach about suitable groups.

My child is now 9, can they move up to Mini Orange?

All of our sessions are aimed to give each child the best possible learning environment, and ball colour is a training aid for us and NOT a measurement of progress. Most groups are done by a combination of age, social enjoyment and physicality to deal with the bigger court and faster ball. We will inform both parents and children when we feel that a move would be good for their progress.



FAQ'S

I want to swap my group for an individual lesson? I want to swap to a group on a different day as I don't feel tht they are progressing.

Children are ALWAYS progressing, but the speed at which they progress is dependent. We encourage increasing the amount of hours to improve the rate they progress, rather than swapping the hour. Swapping 1 hour for another does very little to improving their play. Please see page 7/8 for our examples of better pathways.

How can I book individual lessons?

Using the QR code, please view our coaches page on our website, once you have decided which coach you would like the lessons with then please contact them.



How do I get my child into the county teams?

County training sessions are held periodically, if your coach feels they are ready to be in the set up for this then they will put your child's name forward to Northants LTA. However, entering LTA graded competitions throughout the year and moving up the county leaderboard rankings will help your chances.



PARTNERS & DISCOUNTS

Saint Gyles Jewellers - 01604 629787

FREE jewellery clean and check

Hilton Hotel Northampton - 01604 700666

10% discount off the wellness suite

MCM Alarms - 01933 733320 - hello@mcmalarms.co.uk

Complimentary Electronic Security Audit with any new Security Maintenance Package

True Potential Wealth Management

Colin Cooper - ColinCooper@tpllp.com

Kings Park Tennis Centre - 01604 797900

10% off court bookings

Pippa's Paws- 07876 807790

Dog Walking and Sitting Services

Secure Inheritance Legal Services - Barry Halliday - 07538 739117

FREE wills for donation of their choice to charity.

Business Doctors - Alistair McLeod - Alastair.mcleod@businessdoctors.co.uk

FREE business value indicator

The Deakon Project - Lettings & Property Management

07851 507372 - FREE compliance review up to 5 properties

Oblique, Cafe Bar and Kitchen - 01604 513277

10% off all food



www.northamptontenniscoaching.co.uk



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07738476680



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