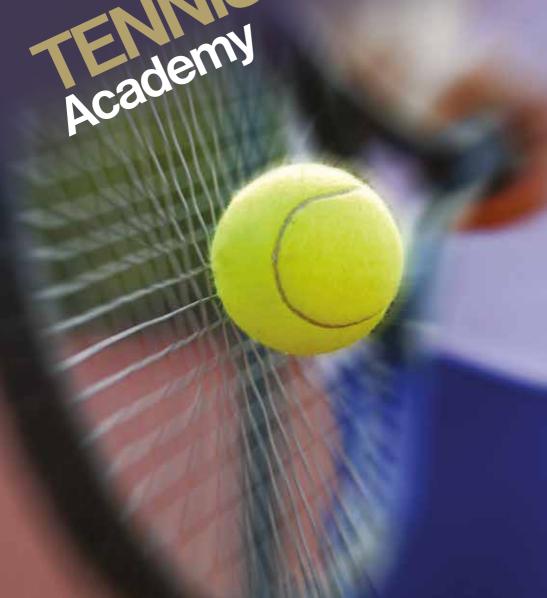


Academy



The Tennis Programme at Ellesmere College

The aim of the programme is to instil a disciplined, professional and high quality approach to practice, training and competition in a fun and motivating environment. The tennis programme is split into four participation levels with players being placed in the appropriate part of the structure after being assessed at regular trials.

Players who would like to apply for a place in the Elite Squad should make an appointment with the Director of Tennis, Stephen Welti, who will ask to see video evidence of the player's ability. An on court assessment session with one of the Elite Coaches may be required, especially if a scholarship is being requested.

Recreational

The emphasis is on developing new skills whilst having fun.

Development

Selected players showing the potential to become team players.

Performance

Selected players playing competitive tennis.

Elite

A small group of selected players with the potential to compete at high county to National standard.

Private Coaching Lessons

Supplementing and supporting the programme, private coaching is available individually or in pairs to all students in the College. Currently over 100 students receive lessons each week.

Facilities

- 4 indoor acrylic performance courts
- 6 floodlit all weather courts
- 9 artificial grass courts
- · Sports Hall with practice wall and mini red courts
- Fitness Suite (Cardio vascular)
- · Weight Training Room

Recent Highlights

- National Senior Students Finalists 2016/17/19
- National LTA Age Group Finalists (Year 8) 2018
- Glanville Cup National Finalists 2014/16/17
- National Senior Students Champions 2013/14
- Aberdare Cup National Finalists 2012/13



Scan to watch the Tennis Academy video





Elite Tennis: Age 10+

Recommended minimum:

Groups: 6 hpw **Individual:** 2 hpw **Practice:** 6 hpw **Fitness:** Injury prevention screening and personal programme

Competition: Structured tournament plan

Nutrition/Psych: as required



Full Ball Performance: Age 9-18

Compete and learn: Recommended minimum;

Groups: 4 hpw Individual: 1.5 hpw Fitness: 3 hpw Competition: 2pm



Full Ball Club: Age 10-18

Compete and learn: Recommendations;

Groups: I hpw Individual: I hpw Fitness: I hpw Competition: Ipm



Green Ball Performance: Age 8-10

Patterns of play: Recommended minimum;

Groups: 3 hpw Individual: 1.5 hpw Fitness: Flexibility/Speed Competition: 2pm



Green Ball Development: Age 9-11

Develop match skills: Recommendations;

Groups: I hpw Individual: I hpw Fitness: Flexibility Competition: Local



Orange Ball Performance: Age 7-9

Advanced Technique: Recommended minimum;

Groups: 2 hpw Individual: 1 hpw Fitness: Circuit/Stretch Competition: 2pm



Orange Ball Development: Age 8-10

Develop Technique: Recommendations;

Groups: I hpw Individual: 30mpw Fitness: Circuit/Stretch Competition: Local



Red Ball Performance: Age 5-8

Develop Technique: Recommended minimum;

Groups: 2 hpw Individual: 1 hpw Fitness: Fun circuit Competition: Local



Red Ball Development: Age 5-8

Develop basic skills: Recommendations;

Groups: I hpw Individual: 30mpw Fitness: Fun circuit Competition: Local



The Hatchery: Age 3-6

Recommendations; Have lots of fun learning skills, balance, co-ordination, skipping, running, eye to ball, throwing, catching, preparing for the development of higher level skills.



- The programme chart illustrates the progression pathways for all age groups, all designed to help players achieve their full potential.
- There are groups for all ages & abilities. Players start at an appropriate point for their age and ability.
- Recommendations are a guide to the number of hours and sessions required to stay on track at your level.
- Recommended minimum hours are for those players hoping to proceed to performance/elite level.





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