

RUFFORTH TENNIS CLUB

Autumn Term - Junior Coaching Update

Winter Programme

Tuesday -

4.00-5.00pm **Orange**

5.00-6.00pm **Green**

6.00-7.00pm Juniors

Wednesday -

4.15-5.00pm **Red**

5.00-6.00pm Junior Girls

6.00-7.00pm **Green** /Juniors

Coach Changes...

Anna has left us for University and will return at Easter/Summer to support with holiday camps, she is already missed on court by the juniors but we wish her all the best in her new adventures!

We are very fortunate to have Sarah qualified as a Level 1 Assistant and she has already been a great help with the older juniors and adult sessions. In addition, we have some very experienced older juniors supporting lessons and seeking to attain their Level 1 qualifications, a huge thank you to Poppy, Alice and Gabby who all provide extra hitting opportunities for our younger players.



Skills, drills and match play!

We have welcomed almost 50 juniors to our weekly sessions over the year and it's been great to see their development with more and more able to rally, serve and play tennis matches. There has been a lot of movement as children have shown they can transfer their skills to the next level of ball, it provides a great incentive and their excitement to rise to the next challenge has been so rewarding for the coaches.

Holiday camps have been well attended and again, children have made great progress playing more tennis outside of weekly lessons. Don't forget if your child is a member you can take them to the courts to hit with them and enable them to practise their skills.

Our older girls have played some friendly matches over the summer and gained experience ready to play in the ladies teams - well done to *Finola* who made the step up to playing league matches very successfully. We hope next year to continue with the friendlies and expand the girls squad for others to be more involved with matches.

Coach development has been continuous throughout the year via LTA workshops and through our Head Coach, *Angela* providing oversight and mentoring. Both children and adults benefit from the use of strength and conditioning exercises in group warm ups, new drills and tactical double play insights.

Thank you for all your support so far this year!

Photo Gallery!



Junior Safeguarding Updates

Code of Conduct for Juniors/Guidelines for Parents were reviewed and updated earlier this year and have recently been reissued to all parents at the start of term. In addition, we have a Permission to walk home form for those children that are secondary school age and able to make their own way home at the end of lessons. For more information or to request a form please contact Kate.

We are an LTA Registered club and adhere to strict safeguarding criteria, if you have any concerns at all please contact our Welfare Officer, Sarah Skidmore (07749 270732) or complete a Report a Concern Form via our website/visiting [LTA.org.uk/onlineconcernform](https://www.lta.org.uk/onlineconcernform)

All our Safeguarding and related policies are available at [rufforthtennisclub.com](https://www.rufforthtennisclub.com) or can be provided by contacting rufforthtennisclub@gmail.co.uk