



Ellesmere

Co-ed 7-18 day and boarding

TENNIS

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.



Scan to watch the Tennis Academy video

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



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: 1 hpw
Individual: 1 hpw
Fitness: 1 hpw
Competition: 1pm



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: 1 hpw
Individual: 1 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: 1 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: 1 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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