

# Carrigaline Tennis Club

## Junior Coaching Programme

### **Introduction:**

It is the aim of Carrigaline Tennis Club to provide coaching to all junior / juvenile & student members. The club currently employs 3 coaches – Mark Cunningham, Tim Murnane and Kevin Higgins. The purpose of this document is to provide parents with an overview of the coaching programme, so they may understand how their children can develop their tennis ability as they get older. The most important element of the junior coaching programme is that the children enjoy themselves, but for those that show a strong talent for the game, there are a number of opportunities available. I have included a description of the various junior competitions and additional coaching opportunities both at club and provincial level below.

### **Types of Coaching:**

There are three types of coaching available – mini, midi and full court. As the names suggest, the difference between these is the amount of court that is used and also the type of ball used. Mini tennis is for the younger children and approximately half the court is used. The children then progress to midi tennis, which uses approximately three quarters of the court and eventually onto full court tennis. Different types of tennis ball are used at each of these three levels.

### **As a guide:**

Mini Tennis: 5-8 years  
Midi Tennis: 8-10/11 years  
Full Tennis: 11 years up

These ages are a guide only and may vary depending on the child's coordination and physical attributes.

### **Coaching Groups:**

The kids are divided into different coaching groups that are decided by the coaches.

Coaching groups are set based on the following criteria:

1. Ability
2. Age
3. Attitude

Although every effort is made to accommodate kids with suitable times, this can not be used as a method for selecting groups – kids will not be put into a group of that is not a suitable standard.

### **Levels of Coaching:**

1. Group

2. Performance
3. Regional Coaching

1. **Group Coaching:** Every child that enters the Carrigaline Tennis Club coaching programme takes part at this level.

2. **Performance Coaching:** Initiated in 2006, the aim of the performance level coaching is to provide a strong backbone to Carrigaline teams going forward.

At present this involves an extra session of coaching per week. Selection / Invitation for this level is made by the coaches.

3. **Regional Coaching:** A Munster driven coaching programme designed to develop strong squads at both Munster and National level. Selection is made through Talent ID days, ask your coach for more details.

Please note that the performance and regional coaching programmes, although encouraged are not compulsory. Your child's enjoyment of the sport is our ultimate goal.

### **Teams:**

Throughout the year there are a number of junior team events to which Carrigaline Tennis Club enter teams:

Mini League:	Under 8
Wilson Cup:	Under 12 & 14
Maher Cup:	Under 12
Sunshine Cup:	Under 14
OK Cup:	Under 16
Gilabbey Cup:	Under 16

If selected for a team, it may be necessary for parents on occasion to volunteer driving service to a venue.

### **Junior Club Championships:**

The Junior Club Championships is a closed (only open to members of Carrigaline Tennis Club) tournament, which is held annually. At present these are held during the Easter school holidays.

### **Opens:**

Through the summer months, a lot of clubs host open competitions. All under age members of Carrigaline Tennis Club are eligible to take part in these opens.

### **Racket Size:**

As a general principle, a junior should use as long a racket as they can comfortably handle. This will encourage them to develop smooth strokes and encourage good weight transfer. Too small or large a racket encourages excessive wrist and elbow action, which, in the long run, will harm both their strokes and their arm. For more information please talk to your coach.

**Club Apparel:**

Junior club hooded tops are available in navy blue – for more information please refer to your coach.

**Safety:**

Please pay due care and attention when dropping off and picking up your child from coaching as up to 20 kids could be hanging around the car park at any one time.

**Rainy Days:**

Due to the unpredictable Irish weather, tennis coaching can be cancelled on the day with a make-up day added to the end of the term. If there is a doubt whether coaching is going ahead please contact your coach after 2pm on the day of coaching.

***Code of Ethics*****Policy Statement:**

Carrigaline Tennis Club is fully committed to safeguarding the well being of its members.

Every individual in the club should, at all times, show respect and understanding for their rights, safety and welfare, and conduct themselves in a way that reflects the principles of the club and the guidelines contained in the *Code of Ethics and Good Practice for Children's Sport in Ireland*.

**Club Children's Officer:**

The club will appoint at least one Club Children's Officer, preferably one male and one female. This appointment will be made at the AGM, or at the first meeting of the new committee following the AGM. The role of Club Children's Officer will be to ensure that the guidelines contained in the *Code of Ethics and Good Practice for Children's Sport in Ireland* are implemented within the club.

The following are excerpts from the *Tennis Ireland Code of Ethics and Good Practice for Children's Sport*. They provide as a summary of some of the most important elements of that document.

**Sports Leader:**

A sports leader is any adult involved in children's sport including coaches, administrators, officials and parents.

The Sports Leader will observe the following minimum good leadership behaviours:

- Treat young players in their care with respect at all times.
- Treat such members fairly within the context of their sporting activities, regardless of gender, race, athletic potential, socio-economic status, or any personal characteristic.

- Encourage and facilitate independence and responsibility for personal behaviour of young players in their care.
- Know and abide by tennis rules and encourage young players to do likewise.
- Display high standards of personal behaviour and respect all facilities and equipment.

### **Young Players:**

Young player has rights which must be respected and have responsibilities which they must accept. They are entitled to:

- Be treated with dignity and respect
- Be safe and feel safe
- To get help against bullies
- To say No
- To be listened to
- To be believed
- To protect their own bodies
- To refuse inappropriate touches

### **Young Players should always:**

- Treat all Sports Leaders with respect
- Abide by the rules
- Behave in a manner which respects the good name of tennis

### **Complaints and Disciplinary Procedures:**

Complaints should be made in writing to the Club Committee. The Committee must respond to all complaints and implement any necessary disciplinary measures in a professional and confidential manner as details in the *Tennis Ireland Code of Ethics and Good Practice for Children's Sport*.

Children's Officers:

Fiona Rynne: 087-9787182

Seamus Moynihan: 021-4373881

Other useful numbers:

Coaches Mark Cunningham (Head Coach) 087-9852247

Tim Murnane 086-3400378

Kevin Higgins 087-2723124