

# HERTS **TENNIS**



**Honesty**

**Excellence**

**Resilience**

**Teamwork**

**Sportsmanship**



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# Welcome to Herts Tennis

**We are very happy to provide our players and parents with this booklet to help inspire, direct and inform all the members of the Herts Tennis family.**

## **Our Vision**

Herts Tennis is passionate and committed to creating inclusive frameworks that support the development of Hertfordshire players, clubs and county teams.

Our vision is to create a sense of Herts belonging where players, parents, coaches and clubs work together toward our goals to make our better players better, increase participation opportunities and maximise the success of our teams.

## **Our Values**

**Honesty – Excellence – Resilience – Teamwork - Sportsmanship**

The Herts Tennis values are a result of collective input from players, county captains, coaches and Herts officials. Our values are a true reflection of who we are and guide the actions and behaviours of all involved in Herts Tennis, both on and off the tennis court.

Enjoy your tennis journey and be proud to be a part of Herts Tennis.

**GO HERTS!**

## The Herts Tennis Clubs and Performance Network

Herts Tennis is committed to supporting clubs and players and makes considerable financial contribution towards advancing club programmes, increasing participation and improving player levels from mini-red through to international levels.

The Herts Network is in place to:

- Support the advancement of club programmes
- Increase junior participation
- Improve player levels from mini-red upwards
- Make our better players better

The Herts Network provides support to Clubs that:

- Have a track record of increasing participation at mini-red
- Have focussed training opportunities for selected mini-reds
- Support the development of junior players to county level and above

Clubs involved in the Herts Network deliver the following programmes:

- Pathway to Tarbes
- Herts Inspires Tennis
- Herts Inspires Tennis Potential

### Pathway to Tarbes

The Pathway to Tarbes programme has been in place since 2007 and is a fundamental part of Herts Tennis Talent Development system. The programmes provide identified under 10 tennis players with subsidised performance training designed to promote enjoyment, competitive spirit, respect and excellence with the aim to set players on the pathway to international tennis.

## **Herts Inspires Tennis**

The Herts Inspires Tennis programme is designed to support successful, forward thinking Clubs with recognised quality performance programmes. Herts Inspires Tennis clubs offer subsidised training programmes specifically targeting the identification and development of under 10 tennis players who are showing the potential, determination and enthusiasm to become performance level players at County level and above.

## **Herts Inspires Tennis Potential**

Herts Inspires Tennis Potential clubs are recognised for their dedication to increase participation and have the ambition and track record to develop young tennis players. Herts Inspires Tennis Potential Clubs provide focussed training support to selected mini-reds who are keen and committed to becoming competent tennis players and competitors.

The Herts network clubs work closely together and alongside their weekly training programmes join forces in providing regular, and quality competition for the strongest mini-reds in the form of the Herts Inspires Tennis Red Tour. The tour is a series of mini-red tournaments starting in September and scheduled alongside the timetable of major international competitions finishing with the Hertfordshire Junior Championships in the following August. The results of these competitions are recorded on a leader board giving a good indication of player development.

The positive collaboration between Herts Tennis and Clubs is clearly having a direct impact on the development of players across the county and this is reflected in the success of the Herts County teams.

Herts Tennis is keen to work with clubs who would like to become part of our Network and join us in our goal to “make our better players better players”. For details and application requirements please contact the County office.

## County Training

Herts Tennis invests greatly to support the development of players across the junior age groups and is recognised nationally as having progressive and successful County structures.

Herts Tennis provides regular County training opportunities for our strongest players.

County Training is delivered by our team of LTA-Accredited County Captains/Coaches. Sessions follow a syllabus written by lead Captains designed to motivate, inspire and improve standards while strengthening the all-round performance of our players and teams.

### County Training Key Objectives

- To complement and enhance club programmes by providing players of a similar age/standard access to quality training on a regular basis
- To bring the strongest players in the county together to train in a “best versus best environment”
- To nurture the development of players with the aim to ‘make our better players better’
- To provide players with quality training focussed on key competition tactics, team work and specifically doubles play
- To encourage teamwork, co-operation and determination in competition
- To create a positive and inclusive county training structure that assists in players feeling part of the Herts team and the LTA performance pathway
- To involve and retain more players in the game
- To assist in team selection and preparations for County competitions
- To improve overall team performances and strengthen Hertfordshire’s standing in the national County Cup Race.

For County training and team selection criteria please visit the Herts Tennis website.





## Calendar and Explanation of County Team Events

Herts Tennis teams participate in a variety of county events throughout the year. There are competitive opportunities for selected players from mini-red through to the adults.

### **The 12 Counties Championships - October through to March**

The 12 Counties Championships consists of three divisions with four counties in each. It is the only County team competition where the u10's are part of the same team as the u18s. Each age group plays on a weekend between October and March. The team consists of 4 boys and 4 girls who play singles matches against their opposing number from the three counties in their division; accumulated points are added together to determine the overall finishing position. Division winners are promoted and bottom placed are relegated. Winners of division 1 are crowned champions.

Team = 4 boys and 4 girls

### **Orange Festival – February**

The annual Orange Festival involves nine counties fielding a team of 4 players competing in singles and mixed doubles. Teams compete in qualifying boxes progressing to a knock-out round to determine overall finishing positions.

Team = 2 boys and 2 girls

### **Inter-County Red Competition – March**

The Inter-County Red Competition involves ten counties divided into 2 round robin groups followed by play-offs related to finishing positions after the round robin stage. Each county fields a team of 6 boys and 6 girls who play singles matches against their opposite number from the other counties. Once all matches are played there is a winning boys' team and a winning girls' team plus an overall winning County team calculated by the finishing places.

Team = 6 boys and 6 girls





### **Lionel Cox Trophy – May**

The Lionel Cox Trophy is an annual event involving ten counties fielding a team of 3 boys and 3 girls in the u9s, u10s and u12s age groups. Teams play singles matches over the May bank holiday weekend with each age group competing to win their respective age group resulting with the County who have accumulated the most points lifting the trophy.

Team = 3 boys and 3 girls in each age group

### **County Cup – Various dates February - August**

The County Cup is an annual competition for both the boys and girls in six age groups; u18s, u14s, u12s, u11s, u10s and u9s. The u18s competition is a league format with teams winning their division being promoted and bottom placed being relegated. In the u14s, u12s, u11s and u10s age groups teams compete in a qualifying event held at different venues around the country with the winners of qualifying rounds progressing through to national finals where the top 16 teams compete. The u9s compete in a regional competition involving four to five other counties from the region. The County Cup is a combination of both singles and doubles.

Team = u18s 8 boys and 8 girls, u14s, u12s, u11s, u10s & u9s 6 boys and 6 girls

## **Adult County Cup – Summer and Winter**

The Adult County Cup sees 40 counties compete for promotion while avoiding relegation from their respective groups. The top six counties (per gender) are placed in group one to compete over 5 days to see who is crowned national County Cup champions.

The summer event comprises doubles only and the winter event is both singles and doubles.

**Team = 6 men and 6 ladies (6-player team with 8 – 10 travelling)**

## **County Cup Race**

The County Cup Race recognises performances of all participating counties in the seven County Cup events across the age groups from u9s through to the adults. Points are allocated after each event starting with the under 18s in February and concluding with the adults in November. The County with the most accumulated points is crowned the annual County Cup Race Champions.

In addition, friendly county matches are organised to give more players the opportunity to represent their county.





HERTS **TENNIS**

## Herts Player “Commitment to Fair Play and Professional Conduct”

Players participating in Hertfordshire County Events should adhere to the following “Commitment to Fair Play and Professional Conduct”

**VALUES** - Herts players should uphold the LTA Fair Play principles and demonstrate the Herts values:

Honesty – Excellence – Resilience – Teamwork – Sportsmanship

**TEAM** - We are all part of the Herts team. Everyone has a role to play and is an equal. You are expected to support your team mates.

**RESPECT** – You should respect your team mates, opponents, parents, coaches and officials. Respect the rights, dignity and worth of all participants. Respect the rules of the game and observe fair play both on and off court.

**COMPETE** - Compete for every match, game, point and ball. Never give up and keep your head. Focus on the things that are in your control: your work rate, your attitude and your match goals. Lose a point and it's just a point, lose your head and you risk losing the match.

**CONDUCT** – You must not use bad or inappropriate language, bully, intimidate or harass anyone, including on social media. You must not smoke, drink alcohol or take drugs of any kind whilst representing the county at competitions or events.

**PRE & POST MATCH PREPARATION** – At team competitions the morning warm up will be as a team. Before your matches you are responsible for your own warm-up. After matches you should cool down/stretch

and drink/eat. Ensure you have packed your skipping rope, elastic bands, foam rollers and any other equipment that is part of your usual routine.

**EQUIPMENT** – You should respect your equipment - your racket should not leave your hand or be hit. It is your responsibility to have your kit organised, rackets strung, spare grips, healthy snacks, water bottles filled, change of clothing, sun cream applied etc.

**OVERNIGHT EVENTS** - For residential events there will be room curfews and strict lights out/quiet time. You are not permitted to leave your room after set curfew times except in an emergency. Do not enter anyone else's bedroom, especially adult's room or rooms occupied by the opposite gender. Respect the tennis venue and team hotel.

**REST** - To maximise your performance you should have at least 9 – 10 hours of sleep.

**FUEL** - Make sure you have enough healthy food, snacks and fluids to maintain your energy levels and hydration throughout the day. You need to eat at least every 3 hours.

**PRIDE** – You are representing your County, this is a great achievement, stand tall, wear your Herts shirt with pride and give the absolute best of yourself both on and off court.

Please note: An Incident of a player breaking the “Commitment to Fair Play and Professional Conduct” that is deemed to be of a serious nature will be treated as a disciplinary issue and may result in Herts Tennis removing the player from County training and/or event, suspension of funding and affect selection for future teams.

## Herts Parent Code of Conduct

Parents play an instrumental role in sport and children depend heavily on their involvement, support and encouragement. Collectively we have a responsibility to create safe, fun and rewarding tennis environments and experiences. To help support your child's involvement in tennis and to assist them enjoying their Herts Tennis experience we ask that you adhere to the Herts Parent Code of Conduct:

- Teach children that honest and determined effort is the primary measure of success; make every effort to focus on long-term development and enjoyment ahead of results
- Promote the Herts Tennis values and Herts Players "Commitment to Fair Play and Professional Conduct"
- Never punish or belittle children for losing or making errors
- Use correct and proper language at all times and set a good example by your own conduct and behaviour
- Recognise fair play and applaud good performances
- Encourage children to respect the rules of the game and observe fair play both on and off court
- Discourage unfair play and arguing with officials
- Encourage children to treat other players, team mates, coaches, parents and officials with respect
- Promote safe and inclusive tennis that is free of discrimination
- Accept decisions and judgments of officials and players as being fair and called to the best of their ability
- Do not raise issues of disagreement publicly
- Do not communicate with your child or court officials during a match
- Support the removal of verbal and physical abuse from sporting activities
- Demand that sports environments are free of drugs, tobacco, and alcohol



- Help children develop tennis independence and self-responsibility by encouraging them to prepare/carry their tennis bag, warm up/cool down and demonstrate good practice/competition habits
- Encourage your child to respect their training/competing environments and equipment (tennis rackets must not leave their hand or be hit)
- Parents of children representing the County at events are required to complete the “Consent and Emergency Contact Form”
- If you have concerns regarding the welfare of children please contact the LTA Safeguarding Team – 020 8487 7000, <https://www.lta.org.uk/about-us/safeguarding-protection/> – Outside office hours call the NSPCC on 0808 800 5000. If someone is in immediate danger call 999.

## Herts Tennis Safeguarding Statement

Herts Tennis is committed to prioritising the well-being of all children and adults at risk; we recognise that we have a collective responsibility to promote safeguarding in our county and strive to ensure that we provide safe and inclusive tennis environments.

For information about Herts Tennis Safeguarding and Diversity and Inclusion policies please visit the Herts Tennis Website.

Herts Tennis Age Group Captains and assistant County Coaches abide by Herts Tennis and LTA “Codes of Conduct” and are accredited under the LTA’s professional Accreditation scheme ensuring they are fully qualified, DBS cleared, First Aid and Safeguarding trained.

If you have concerns regarding the welfare of children or adults at risk please contact the LTA Safeguarding Team on 020 8487 7000 or <https://www.lta.org.uk/about-us/safeguarding-protection/>. Outside office hours call the NSPCC on 0808 800 5000. If someone is in immediate danger call 999. To contact the Hertfordshire County Safeguarding Officer please email: [CSOHertfordshire@gmail.com](mailto:CSOHertfordshire@gmail.com)

## Herts County Competitions and Leagues

There are a variety of competitive opportunities available throughout the year including team and individual leagues and tournaments for mini-tennis players through to adults.

The finale to the competition season sees Hertfordshire players compete to become the County Champion in the Herts County Championships.

### **The Hertfordshire County Championships – Where Champions are made!**

The County Championships takes place in the last week of August with each county across Great Britain running an event; it is the busiest week in the competitive calendar with more players competing during this week than any other during the year.

The County Championships is open only to players of that particular county (based on residence or county of birth) and features singles and doubles events, allowing players of all ages to take part! The winner of every event earns the County Champion title for their age group.

The tournament, which is organised by Herts Tennis also features fun off court activities and is a great opportunity for our players to get together. Entries are made through the LTA website and open in mid July.

Below some of our County Champions of 2018 tell us what the event means to them:

“ It was great to play in the county champs as an end of season celebration. I'm proud to be county champion but just enjoyed playing on and off the court with my friends. ”

**Erin – U12 Girls Singles/U14 Girls  
Doubles County Champion 2018**

“ The County championships are lots of fun because I know most of the players competing making it a friendly atmosphere. Winning the County championship was a very proud moment for me because there are a lot of great players in Hertfordshire. ”

**Mafalda – U14 Girls Singles  
County Champion 2018**

“ I get to meet and play new people and see old friends that I rarely see. It's a fun, buzzing week and a great opportunity for all players to learn and improve their game. Just be the best that you can be! ”

**Erika – U9 & U10 Girls Singles  
County Champion 2018**

“ The county closed championship is the best event of the year. It is very relaxed off court as you are surrounded by all your mates, chilling out and having fun. On court it's game time and I am very privileged to have won two finals. ”

**Theo – U12 Boy Singles County  
Champion 2018**

“ I played many tournaments around the country since I was six, but playing the annual Herts County Championships has always been special to me. Here, I get a chance to meet almost all my county players and it's well organised with lots of fun activities. I feel very happy being a County Champion for 2018 age group 10U. I am also very proud that I played in the five finals in the last three County Championships. My favourite part of the County Championships is receiving an official Herts County Top with different colours each year, so far I have collected four as a souvenir. ”

**Kaaviyan – U10 Boys Singles County Champion 2018**

“ I was overwhelmed to win against an Orange 1 star in the 8 and Under finals of the County Championship, while still a Red player. I felt pleased with myself. Tennis Rocks when you try! To me, being County Champion is amazing - working really hard till the event and then winning it, makes all the practice seem worthwhile. ”

**Tara – U8 Girls Singles County  
Champion 2018**

“ I really enjoyed playing at the county closed 2018. I played in two age groups which was a good experience. I won the 9u orange event and had some very close matches. A lot of my friends were playing, and we had a great time in between matches. I'm looking forward to playing next year. ”

**Rhys – U9 Boys Singles County  
Champion 2018**

“ I played in the under 9 and under 8 event and in the semi-final of the under 9's it was very close - our match was the only one on at that time and I could feel the tension and great atmosphere, I looked up on the little hill and could see all of the parents and other kids that were watching and it felt like Wimbledon. In my under 8 final on championship point I managed to win on a big serve and it felt fantastic! ”

**Brandon – U8 Boys Singles County  
Champion 2018**

## Individual Competition

Hertfordshire Clubs host numerous events providing players of all ages and levels with the opportunity to compete in match plays and annual tournaments.

## Team Competition

Team competition is available both within Hertfordshire and nationally. Competitions are organised in the form of inter club leagues and knockout cups with a variety of singles and doubles format.

### **Below lists a number of team competitions within Herts.**

Team Tennis, Autumn Junior and Adult League, Winter Mini-Tennis League, Two Pair Knockout Cup, Hertfordshire Winter Ladies Seniors League, Hertfordshire 3 Pair Summer Doubles League, Datchworth League, Hot Rackets, Watford & District League, Orchard League, East Herts Winter Mixed League.

For further information on all county leagues please see [www.hertstennis.co.uk/resources/](http://www.hertstennis.co.uk/resources/)

Details of team and individual tournaments can be found at [www.hertstennis.co.uk](http://www.hertstennis.co.uk) and [www.lta.org.uk](http://www.lta.org.uk)



## Herts Tennis Contacts

County Administrator/Office Manager:	Carole Draper
County Administration:	Sharon Evans
Mini-Tennis Co-ordinator:	Jennifer Keates
County Performance Manager:	Teresa Lilley
Herts Tennis Performance:	Janet Corrie
Herts Tennis Safeguarding Officer:	Tessa Terry
Herts Schools Tennis Association:	Pam Burrage
Herts Tennis Coaches Working Group:	Alison Allard

Herts County Office,  
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AL8 6XE.

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# #GoHerts



“ Some of my earliest and fondest tennis memories are from my Herts Tennis experiences. Winning county titles and representing Hertfordshire was hugely fun and gave me a lot of confidence to take into national and international competitions! ”

**Ed Corrie**

**Career high: ATP S 215, D 140, GB 3**