

# Herts County Training Selection Guidance

All players selected to attend County Training are required to:

- Uphold the Herts Tennis Code of Conduct for Players <https://hertstennis.co.uk/wp-content/uploads/2023/01/Herts-Tennis-Code-of-Conduct-for-Players.pdf>
- Display the Herts Tennis values
- Compete regularly at the appropriate grade\*
- Commit to a performance focussed training programme appropriate to their stage of development\*
- Display high levels of effort, focus and determination
- Have a positive team attitude
- Be available for County team selection

**8 & Under / Red** – Players identified as having strong future potential as selected through the Herts Tennis Clubs and Performance Network and/or Herts Tennis Potential session, or nominated by their club coach or County Performance Manager. Programme commitment and competition involvement are considered. Players in their final year as an 8U player are expected to be competing regularly/once per month and participate in the Herts 8U HIT Tour Events.

**9 & under-Orange**, The starting point for selection consideration is LTA Recent form; followed by commitment to a performance focussed training programme, regular competition involvement at appropriate grade as recommended by individual coach with ambition to progress through the grades, involved in LTA Regional/National activities. Nominations are open for players showing strong future potential as supported by County Coaching team, Programme Leads and County Performance Manager.

**10 & under and 11 & under-Yellow** – The starting point for selection consideration is LTA ranking/LTA Recent form; followed by regular competition involvement at grade 3/4 and above with ambition to progress through the grades, commitment to a performance focussed training programme, National LTA pathway involvement, nominations by county coaches/programme leads and future tennis potential are also taken into consideration.

**12 & under and 14 & under** – The starting point for selection consideration is LTA ranking; followed by regular competitive involvement & achievements at Grade 3 and higher, head to heads. Commitment to a performance focussed training programme, National LTA pathway involvement and input from lead/county coaches and LTA performance team as required.

**16 & under** – The starting point for selection consideration is LTA ranking; followed by programme commitment, competitive involvement/level and achievements including recent form/head to heads, National LTA pathway involvement plus previous commitment to Herts Tennis teams. Input from lead/county coaches and LTA performance team as required.

**18 & under** – Players are invited to county training if they are available to represent Hertfordshire in the 18 & under County Cup competition. Players in younger age groups may be selected as decided by the 16 & 18 under county coaches and County Performance Manager. The starting point for selection consideration is LTA ranking; followed by current competitive involvement and achievements, previous commitment to Herts Tennis teams is also considered. Input from lead/county coaches and LTA performance team as required.

## Additional Selection Considerations:

- Current LTA competition age groups are considered except for the Autumn term where they are based on the following years age groups (unless otherwise advised by lead coaches or Teresa Lilley)
- Younger players deemed to be at an appropriate competitive level with a relevant ranking or are in consideration for next age group team selection may be invited to train in older age categories (these players are required to prioritise/attend their own age group)
- When moving up age categories and new rankings/recent forms are not yet established then players who have represented Herts in previous County Cup events may be selected where appropriate
- Finishing positions in the Herts County Championships are considered
- Nominations by lead coaches / county captains will be considered for players who are outside the ranking/recent form consideration list
- The numbers of players invited to county training may vary depending on player levels (the target invite is 12 players / spaces reserves may be offered to reserves)

All involved in Herts Tennis activities are expected to respect and commit to our collective responsibility to provide safe, rewarding and inclusive tennis environments and adhere to the Herts Tennis codes of conduct and safeguarding policies as detailed at <https://hertstennis.co.uk/about-us/safeguarding/>

**Selection panel:** Herts County Performance Manager, Herts Performance Committee representative and County captains/coaches (Key Herts coaches/head club coaches and LTA performance team may be consulted if required)

**Compete regularly at the appropriate grade\*** For guidance: 8U once per month, 9U/10U twice per six weeks. 11U upwards twice per month. All ages to participate in further events through school holidays

**Commit to a performance focussed training programme appropriate to their stage of development\*** For guidance: 8U = Weekly 2 x 1.5 hours squads including fitness/S&C plus 1 individual lesson and involvement in other sports / 9U & 10U = Weekly 2 x 1.5 - 2 hours squads including fitness/S&C plus 2 individual lessons and involvement in other sports

**Herts Tennis Values: Honesty-Excellence-Resilience-Teamwork-Sportsmanship**