

HERTFORDSHIRE TENNIS COACHES FORUM

MATCHPLAY & MOMENTUM with ALISTAIR HIGHAM

We are delighted to announce that Alistair Higham, an international expert on matchplay and momentum in sport, not only in tennis but other professional sports, will be our on court presenter at the forthcoming Hertfordshire CPD. Alistair is the author of 2 best-selling books on momentum and presents at conferences across the world.

This will be an interactive session designed to help coaches teach matchplay skills with the aim of producing intelligent, resilient match players. Will include match preparation, match flow, impact of the score and the link between momentum and performance.

DATE/TIME	Tuesday 7 th October, 2025	9.30am to 1.30pm
	Please bring your own lunch / snacks & drinks	
VENUE	Batchwood Sports Centre, Batchwood Drive, St. Albans AL3 5XA	
COURSE TUTOR	ALISTAIR HIGHAM Formerly an LTA National Coach & Head of Coach Education Currently GB team manager for the World Student Games & heads up the GB University Programme for the LTA. See www.coachingedgeuk.com	
COURSE FEE	Coaches working in Herts Registered Venues	£35
	Outside Herts	£45

CPD Credits may be applied for using the LTA Independent Learning Portal

APPLICATION FORM (please fill in ALL information for registration, payment online)

MATCHPLAY & MOMENTUM with ALISTAIR HIGHAM TUESDAY 7TH OCTOBER, 2025

NAME Mob Tel No: Coach Code: CO

CLUB (where you coach) Qualification Level / Name

Email address: (for confirmation)

Please email completed form to Carole Draper hertstennis@gmail.com Payment MUST be made online to 'HERTFORDSHIRE LTA LTD' for £35 (HERTS COACHES) or £45 (NON-HERTS COACHES) to confirm your place. Details for bank transfer are:

Bank: HSBC, Sort Code: 40-23-11, Account no: 71237020, Account name: Hertfordshire LTA Ltd.

Please add a payment reference Alistair Higham M & Momentum + your surname & initial