

## **Herts County Training Structure**

Herts Tennis is recognised for having a progressive and successful County programme and invests greatly to support the development of players by providing regular County training opportunities for the strongest Herts players.

County Training forms part of the LTA's Player Performance Pathway and is funded by Herts Tennis and in part by the LTA. For further details about the LTA Pathway please visit <https://www.lta.org.uk/play-compete/performance-tennis-players/player-pathway/>

### **8 & under Red – Mixed sessions**

- 3 x Herts Tennis Potential sessions for players nominated/identified by their club/coach (1 per term)
- 6 x sessions for selected players October – December and January - March
- 3 x team selection session leading up to the U8 East Region Inter County Tournament
- 6 x Red HIT Tour Competitions for players on the Pathway to Tarbes and Herts Inspires Tennis Programme or invited by the Herts Tennis County Performance Manager

### **9 & under Orange, 10 & under Green, Under 11 & Under 12 – Boys & Girls**

- **Autumn Block** – 3 x sessions timetabled between October – December
- **Spring Block** – 3 x sessions timetable from January leading up to the Orange Festival, Lionel Cox and County Cup competitions
- **Summer Block** – 1 x Mixed / Age combined Summer Doubles training

### **14 & under Yellow ball – Boys & Girls**

- **Autumn Block** – 3 x sessions timetabled between October – December
- **Spring Block** – 3 x sessions timetable from January leading up to the County Cup competitions

### **Under 16 – 18's – Boys & Girls**

- Under 16's – 3 x sessions timetabled between October – December
- Under 18's Boys and Girls County Cup Team selection sessions leading up to the County Cup

Maximum/Target invite 12 boys and 12 girls. Reserves may be invited where spaces available and levels appropriate. County Training delivery, structure and selection criteria is reviewed annually. Tennis coaches and clubs are encouraged to nominate players for county training consideration/selection

The above structure is reviewed annually and subject to change

For County training selection details visit: <https://hertstennis.co.uk/wp-content/uploads/2021/11/Herts-County-Team-Selection-Criteria-2021-2022.pdf>

**LTA Regional Performance Camps:** In 2022 the LTA introduced Regional Performance Camps (RPC) The camps are organised and run by 10U National Pathway Coaches to provide best vs best training opportunities for 10U players perceived to have the potential to be a national competitive 11U player. County Performance Leads nominate players in consultation with the respective National Pathway Coach. For more information visit: [www.lta.org.uk/compete/performance/player-pathway/regional-performance-camps/](http://www.lta.org.uk/compete/performance/player-pathway/regional-performance-camps/)