

Herts County Training Selection Guidance

All players selected to attend County Training are required to:

- Uphold the [Herts Tennis Code of Conduct for Players](#)
- 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 for 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 nominations or County Performance Manager. Programme commitment and competition involvement are considered. Players in their final year as a red player to be competing regularly/once per month

9 & under-Orange, LTA Recent form, committed to a performance focussed training programme, regular competition involvement at appropriate grade as recommended by individual coach with ambition to progress through the grades. Nominations open for players showing strong future potential as supported by County Captain, County Performance Manager and Club coach.

10 & under and 11 & under-Yellow – LTA Recent form, committed to a performance focussed training programme, regular competition involvement at grade 3/4 and above with ambition to progress through the grades. Input by County Performance Manager, County captains and LTA performance team as required.

12 & under and 14 & under – LTA ranking, competitive involvement & achievements at Grade 3 and higher including head to heads. Commitment to a performance focussed training programme and future tennis potential also taken into consideration. National LTA pathway involvement and input from lead/county coaches and LTA performance team as required.

16 & under – LTA ranking. Additional selections based on programme commitment, competitive involvement/level and achievements including recent form/head to heads plus previous commitment to Herts Tennis teams. National LTA pathway involvement, input from lead/county coaches and LTA performance team as required.

18 & under – Players invited if 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. LTA ranking, Current competitive involvement and achievements plus previous commitment to Herts Tennis teams. Input from lead/county coaches and the LTA performance team as required.

Additional Selection Considerations:

- Invitation based on current LTA competition age groups except for the Autumn term where they are based on the following years age groups (unless otherwise advised by lead coaches or Teresa Lilley)
- Players deemed to be exceptionally strong in their age category and in consideration for next age group teams may be invited to train in older age categories
- When moving up age categories and new rankings/recent forms are not yet established players who have represented Herts in previous County Cup events may be selected where appropriate
- Finishing positions in the Herts County Championships are considered
- 12 spaces available in each age group where levels are appropriate (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-about-us/safeguarding/>

Selection panel: Herts County Performance Manager, Herts Performance Committee representative and County captains/coaches and LTA performance team as 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