

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)
- Monthly sessions for selected players
- Further team selection sessions leading up to the events as required
- Opportunity to enter 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, 11 & under – Boys & Girls

- **Autumn Block** – Minimum 3 x sessions timetabled between October – December
- **Spring Block** – Minimum 3 x sessions timetable from January leading up to the Lionel Cox and County Cup competitions
- **School Holiday** - Mixed / Age combined Doubles & Match Tie-Break training

12 & 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
- Additional County Cup preparation sessions as required

Under 18's – Boys & Girls

- Under 18's Boys and Girls team selection sessions leading up to the County Cup (for players who are available to represent the team)

Other -

Additional sessions may be organised for age groups identified as having depth of players at county / appropriate level

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. Please see the website for County training selection guidance.

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 and identify players in consultation with the respective National Pathway Coach. For more information visit: www.lta.org.uk/compete/performance/player-pathway/regional-performance-camps/