

## **Herts County Training Structure**

Hertfordshire 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 the LTA. For further details about the LTA Pathway please visit <https://www.lta.org.uk/play-compete/performance-tennis-players/player-pathway/>

### **Herts Tennis Potential Sessions**

Herts Tennis Potential sessions take place 4 times a year and are for children in the 8 & under age category who have been identified and nominated by their coach/club as showing enthusiasm for tennis, good levels of athletic ability and tennis potential, are keen to learn and enjoy competition. Sessions include a variety of activities designed to encourage both athletic and tennis skills in a relaxed, fun and friendly environment. The sessions are a great introduction to Herts Tennis and for Herts County coaches to see the potential of young Herts tennis players. Children who we feel are confident/consistent with key tennis skills and are ready to take these into competition may be invited to county training.

#### **8 & under Red**

- Monthly sessions for invited players
- Further team selection sessions leading up to the events as required
- Plus opportunity to enter Red HIT Tour Competitions
- Additional County Cup team preparation sessions as required

#### **9 & under Orange, 10 & under Green**

- **Autumn Block** – 4 x sessions timetabled between October – December
- **Spring Block** – 4 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
- Plus opportunity for 9U players to enter Orange HIT Tour Competitions
- Additional County Cup team preparation sessions as required

#### **11, 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 team 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
- The target invite is 12 boys and 12 girls per age group (Dependent on player levels)
- Reserves may be invited where space is 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.

**HERTS INSPIRES MY TENNIS FUTURE PROGRAMME:** Hertfordshire players in school year 9 and upwards can apply to join the annual support programme which is designed to provide young players with opportunities to improve their game, explore future tennis career pathways and develop a range of transferable life skills – Follow the link for details <https://hertstennis.co.uk/wp-content/uploads/2024/12/Herts-Inspires-My-Tennis-Future-Flyer.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 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/](http://www.lta.org.uk/compete/performance/player-pathway/regional-performance-camps/)

For more information about County Training please email: [hertstennisperformance@gmail.com](mailto:hertstennisperformance@gmail.com)