

# Winchester Racquets & Fitness Tennis Programme Autumn Term 2023

Term Dates: Monday 5th September - Sunday 17th December

| Code                          | Day       | Level             | Time          | Coach         | Start     | Excl. Dates | End      |
|-------------------------------|-----------|-------------------|---------------|---------------|-----------|-------------|----------|
| <b>Mini Blue - Ages 4 - 6</b> |           |                   |               |               |           |             |          |
| B1                            |           |                   |               |               |           |             |          |
| B2                            | Tuesday   | Blue 1            | 4.00-4.25pm   | Jordan/Sam    | 5th Sept  | 24th Oct    | 12th Dec |
| B3                            | Wednesday | Blue 1            | 4.00-4.25pm   | Jordan        | 6th Sep   | 25th Oct    | 13th Dec |
| B4                            | Saturday  | Blue 2            | 9.30-9.55am   | Hannah        | 8th sept  | 27th Oct    | 16th Dec |
| B5                            | Sunday    | Blue 1            | 9.00-9.25am   | Roisin/Reuben | 9th Sept  | 28th Oct    | 17th Dec |
| <b>Mini Red - Ages 5-8</b>    |           |                   |               |               |           |             |          |
| R1                            | Monday    | Red 5*            | 4.30-5.25pm   | Sam           | 4th Sept  | 23rd Oct    | 11th Dec |
| R2                            | Monday    | Red 10            | 4.30-5.25pm   | Sam           | 4th Sept  | 23rd Oct    | 11th Dec |
| R3                            | Tuesday   | Red 5*            | 4.30-5.25pm   | Roisin        | 5th Sept  | 24th Oct    | 12th Dec |
| R4                            | Tuesday   | Red 10            | 4.30-5.25pm   | Sam           | 5th Sept  | 24th Oct    | 12th Dec |
| R5                            | Tuesday   | Red 15            | 4.30-5.25pm   | James         | 5th Sept  | 24th Oct    | 12th Dec |
| R6                            | Wednesday | Red 5*            | 4.30-5.25pm   | Reubens       | 6th Sept  | 25th Oct    | 13th Dec |
| R7                            | Wednesday | Red 10            | 4.30-5.25pm   | Sam           | 6th Sept  | 25th Oct    | 13th Dec |
| R8                            | Wednesday | Red 15            | 4.30-5.25pm   | James         | 6th Sept  | 25th Oct    | 13th Dec |
| R9                            | Thursday  | Red 10            | 4.30-5.25pm   | Sam           | 7th Sept  | 26th Oct    | 14th Dec |
| R10                           | Saturday  | Red 10            | 10.00-10.55am | Hannah        | 9th Sept  | 28th Oct    | 16th Dec |
| R11                           | Saturday  | Red 15            | 10.00-10.55am | Michelle      | 9th Sept  | 28th Oct    | 16th Dec |
| R12                           | Saturday  | Red 20            | 10.00-10.55am | James         | 9th Sept  | 28th Oct    | 16th Dec |
| R13                           | Sunday    | Red 5*            | 9.30-10.25am  | Helena        | 10th Sept | 29th Oct    | 17th Dec |
| R14                           | Sunday    | Red 10            | 9.30-10.25am  | Jordan        | 10th Sept | 29th Oct    | 17th Dec |
| R15                           | Sunday    | Red 10            | 9.30-10.25am  | Tom           | 10th Sept | 29th Oct    | 17th Dec |
| R16                           | Sunday    | Red 15            | 9.30-10.25am  | Roisin        | 10th Sept | 29th Oct    | 17th Dec |
| <b>Mini Orange - Ages 8-9</b> |           |                   |               |               |           |             |          |
| O1                            | Monday    | Orange 10         | 4.30-5.25pm   | Jordan        | 4th Sept  | 23rd Oct    | 11th Dec |
| O2                            | Tuesday   | Orange 15         | 4.30-5.25pm   | Hannah        | 5th Sept  | 24th Oct    | 12th Dec |
| O4                            | Wednesday | Orange 10         | 4.30-5.25pm   | Jordan        | 6th Sept  | 25th Oct    | 13th Dec |
| O4                            | Wednesday | Orange 10         | 4.30-5.25pm   | Jordan        | 6th Sept  | 25th Oct    | 13th Dec |
| O5                            | Thursday  | Orange 15         | 4.30-5.25pm   | Jordan        | 7th Sept  | 26th Oct    | 14th Dec |
| O6                            | Thursday  | Orange 20         | 4.30-5.55pm   | Roisin        | 7th Sept  | 26th Oct    | 14th Dec |
| O7                            | Friday    | Orange 15         | 4.30-5.25pm   | Roisin        | 8th Sept  | 27th Oct    | 15th Dec |
| O8                            | Saturday  | Orange 10         | 11.00-11.55am | Hannah        | 9th Sept  | 28th Oct    | 16th Dec |
| O9                            | Saturday  | Orange 15         | 11.00-11.55am | James         | 9th Sept  | 28th Oct    | 16th Dec |
| O10                           | Sunday    | Orange 10         | 10.30-11.25am | Helena        | 10th Sept | 29th Oct    | 17th Dec |
| O11                           | Sunday    | Orange 15         | 10.30-11.25am | Tom           | 10th Sept | 29th Oct    | 17th Dec |
| <b>Mini Green - Ages 9-10</b> |           |                   |               |               |           |             |          |
| G1                            | Monday    | Green Team        | 4.30-5.25pm   | James         | 4th Sept  | 23rd Oct    | 11th Dec |
| G2                            | Monday    | Green Development | 5.30-6.55pm   | Jordan        | 4th Sept  | 23rd Oct    | 11th Dec |
| G3                            | Tuesday   | Green Club        | 5.30-6.55pm   | Reubens       | 5th Sept  | 24th Oct    | 12th Dec |
| G4                            | Tuesday   | Green Team        | 5.30-6.55pm   | Michelle      | 5th Sept  | 24th Oct    | 12th Dec |
| G5                            | Wednesday | Green Team        | 4.30-5.25pm   | Michelle      | 6th Sept  | 25th Oct    | 13th Dec |
| G6                            | Friday    | Green Development | 4.30-5.25pm   | Hannah        | 8th Sept  | 27th Oct    | 15th Dec |
| G7                            | Friday    | Green Team        | 4.30-5.25pm   | Michelle      | 8th Sept  | 27th Oct    | 15th Dec |
| G8                            | Saturday  | Green Club        | 12.00-12.55pm | Hannah        | 9th Sept  | 28th Oct    | 16th Dec |
| G9                            | Saturday  | Green Team        | 12.00-12.55pm | Michelle      | 9th Sept  | 28th Oct    | 16th Dec |
| G10                           | Sunday    | Green Development | 10.30-11.25am | Jordan        | 10th Sept | 29th Oct    | 17th Dec |
| <b>12&amp;U / 14U Juniors</b> |           |                   |               |               |           |             |          |
| J1                            | Monday    | 11U Club          | 4.30-5.25pm   | Tom           | 4th Sept  | 23rd Oct    | 11th Dec |
| J2                            | Monday    | 12U Development   | 4.30-5.25pm   | Alex          | 4th Sept  | 23rd Oct    | 11th Dec |
| J3                            | Tuesday   | 12U Development   | 4.30-5.25pm   | Jordan        | 5th Sept  | 24th Oct    | 12th Dec |
| J4                            | Tuesday   | 14U Development   | 5.30-6.55pm   | Jordan        | 5th Sept  | 24th Oct    | 12th Dec |
| J5                            | Wednesday | 12U Development   | 5.30-6.55pm   | Jordan        | 6th Sept  | 25th Oct    | 13th Dec |
| J6                            | Wednesday | 14U Development   | 5.30-6.55pm   | Michelle      | 6th Sept  | 25th Oct    | 13th Dec |
| J7                            | Thursday  | 12U Perf          | 4.30-5.25pm   | James         | 7th Sept  | 26th Oct    | 14th Dec |
| J8                            | Friday    | 14U Team          | 4.30-5.25pm   | James/Alex    | 8th Sept  | 27th Oct    | 15th Dec |
| J9                            | Saturday  | 14U Club          | 11.00-11.55am | Sam           | 9th Sept  | 28th Oct    | 16th Dec |
| J11                           | Sunday    | 12U Development   | 10.30-11.25am | Jordan        | 10th Sept | 29th Oct    | 17th Dec |
| J12                           | Sunday    | 14U Club          | 11.30-11.25am | Tom           | 10th Sept | 29th Oct    | 17th Dec |
| J13                           | Sunday    | 14U Development   | 11.30-12.25pm | Helena        | 10th Sept | 29th Oct    | 17th Dec |
| <b>16&amp;U / 18U Juniors</b> |           |                   |               |               |           |             |          |
| J25                           | Monday    | 16U Development   | 5.30-6.25pm   | Roisin        | 4th Sept  | 23rd Oct    | 11th Dec |
| J26                           | Monday    | 16U Girls         | 5.30-6.55pm   | Alison        | 4th Sept  | 23rd Oct    | 11th Dec |
| J27                           | Monday    | 18U Development   | 5.30-6.55pm   | Alex          | 4th Sept  | 23rd Oct    | 11th Dec |
| J28                           | Tuesday   | 16U Club          | 4.30-5.25pm   | Tom           | 5th Sept  | 24th Oct    | 12th Dec |
| J29                           | Tuesday   | 16U Girls         | 5.30-6.55pm   | Tom           | 5th Sept  | 24th Oct    | 12th Dec |
| J30                           | Tuesday   | 16U Perf          | 5.30-6.55pm   | James         | 5th Sept  | 24th Oct    | 12th Dec |
| J31                           | Wednesday | 18U Development   | 4.30-5.25pm   | Alex          | 6th Sept  | 25th Oct    | 13th Dec |
| J32                           | Wednesday | 16U Development   | 5.30-6.55pm   | Alex          | 6th Sept  | 25th Oct    | 13th Dec |
| J33                           | Wednesday | 18U Perf          | 5.30-6.55pm   | James         | 6th Sept  | 25th Oct    | 13th Dec |
| J34                           | Thursday  | 18U Team          | 5.30-6.55pm   | James         | 7th Sept  | 26th Oct    | 15th Dec |
| J35                           | Friday    | 18U Team          | 5.30-6.55pm   | James         | 8th Sept  | 27th Oct    | 16th Dec |
| J36                           | Saturday  | 16U Club          | 11.00-11.55am | Alison        | 9th Sept  | 28th Oct    | 16th Dec |
| J37                           | Saturday  | 16U Development   | 12.00-12.55pm | James         | 9th Sept  | 28th Oct    | 16th Dec |
| J38                           | Saturday  | 16U Club          | 1.00-1.55pm   | Alison        | 9th Sept  | 28th Oct    | 16th Dec |
| J39                           | Sunday    | 16U Development   | 11.30-12.25pm | Roisin        | 10th Sept | 29th Oct    | 17th Dec |

## Payment for Courses

- For full details regarding junior group costs, please refer to our Direct Debit leaflet available in reception and on the club website
- To secure a place on a course we need a completed registration form available from reception

## Mini Tennis Players

- Please ensure your child has gone to the toilet before their session to avoid disruption to their tennis
- Please ensure your child comes suitably prepared for the session e.g. they have a drink.

## School Holidays

- Please note there will be no squad sessions during the school holidays. Please refer to the website for full term dates
- In order to guarantee a place on a camp during half-terms or holidays please sign up at reception or speak to your coach for more information

## Competition

- We recommend ALL players obtain a British Tennis Membership by signing up for free at [www.LTA.org.uk](http://www.LTA.org.uk)
- There are many opportunities to compete within squads and during half-term breaks and holidays
- We host many LTA-sanctioned at Winchester which we hope all our players are able to enter and support
- Please speak to your coach for advice regarding external competition

## Squad Standards

- Club:** Learning to serve, rally, score and play the game as soon as possible with regular, fun internal competition. May have occasional individual lessons
- Development:** Consolidating and improving technical and tactical skills. Regular internal competition and maybe occasional external competition
- Team: Through coach discretion.** Players attend 2 squads and regularly compete internally and externally as well as representing the club in teams. Regular individual lessons
- Elite: Through coach discretion only.** Players attend 2-3 squads plus S&C sessions; regularly compete at county, regional or national level. Regular individual lessons and maybe annual planning around tournament schedule

## Codes of Conduct

- We recommend that all players and parents observe our codes of conduct which can be found on the website and displayed on the tennis coaching board in reception

## Wet Weather Policy

- In the event of extreme weather, the coaching team have constructive off-court sessions planned for our players. The content of these sessions will be specific to the particular group but may include goal-setting, fitness tests, video analysis or rules tests. If the weather looks as if it will prevent any play for consecutive weeks then we will cancel the session and offer a refund