

WELCOME PACK

Team Bath Performance Programme:
A training ground for aspiring players

TRAIN
PLAY
COMPETE



A Regional & Local Player Development Centre
Department of Sports Development & Recreation,
Sports Training Village, University of Bath, Bath BA2 7AY



UNIVERSITY OF BATH
TEAMBATH™

teambath-tennis@bath.ac.uk

WELCOME TO THE TEAM

We believe that our programme gives players the best chance to reach their potential, both on and off court.



Tom Osborne
Head of Club Coaching

We've carefully developed a programme that gives players opportunities to learn more about their game, both through practice and competition.

We're excited to join you and your player on their Tennis journey.

Commitment Champions



Each term we'll set a number of challenges for the players to complete during their 12-Week Training Block.

These will include challenges for the kids to practise away from training and therefore follows our methodology:

Train | Play | Compete

Learning Tennis doesn't just happen through coaching... it involves watching, developing general athletic skills and ownership of the process.

Team Bath FUNDAMENTALS

They say that every journey begins with a single step - there will be a multitude of steps on your player's journey, starting right here!

Player Goals 10&U / 14&U

TEAM BATH Basics

- 'Beats the bounce'
 - Consistent contact / reception skills
 - Effective thrower
 - Athletic and Ready
 - 'Takes on' second serves
 - Problem solver
- Is a 360° athlete!*

All Court Player

- *Defends* with slice & spin
 - Controls time & space
 - Has multiple *attacking* skills,
 - Power, precise & consistent
 - Relentless at rallying
 - Understands court position
- 'Chopper Champion'*
has serve, volley, slice & defensive creative skills

Learn by Competition & Play

- Competition leads to becoming a better player
- Routinely plays tennis away from squads
- Regularly competes at appropriate grading
- Plays doubles socially & competitively

County Performance

- County Cup Player
- Winning Grade 3's & 4's
- Entering 'linked' Grade 3's

Regional Player / National Age Group Selection

- Competing at National Tours
- Successful at the G3 Level



The BIG 3 Goal setting

Personalised goals for each player, to be set after discussion with the player's individual coach
To be completed Sept, Jan & April.

'MENTAL' & 'TACTICAL' EXAMPLES:

Mental Goals

- 1 Be Athletic
- 2 Beat the Bounce / Recover with Anticipation
- 3 Serve Routines: what does a good serve feel like?

Tactical Goals

- 1 Look to 'Ghost' instead of 'Approach'
- 2 Serving Percentages - 1st serve (2/3) & 2nd serve (3/4)
- 3 Relentless Rally Ball = Opportunity = Attack



Individual Coaching / Dream Team Coaching

We have a team of highly experienced coaches to help players on their Tennis journey, from Level 5 coaches to Level 2 hitters.

Players / parents should also look to double up on lessons and develop your own dream team: enjoy with a friend or sparring partner and share the cost!

Head | Heart | Athlete | Skills

(Self-Reflection & Analysis)

We're looking to develop smart players who can reflect on their performance and then improve on it.

Players should keep a log book and track how well they're performing in each section. This should be kept in a useable daily folder and stay in their Tennis bag.



Players will rate themselves

HEAD

How focused/resilient are you?
How well do you handle tricky situations?

3/5



HEART

Encourages/enjoys training & competition?
Is passionate about the sport they love?

4/5



ATHLETE

Staying on your toes/moving athletically?
Creating great movement? Working hard?
Is agile, powerful and robust?

5/5



SKILLS

Developing weapons?
Chopper grip skills & 'Hollywood' shots?!

3/5



YOUR PLAYER JOURNEY

Development and performance optimised by planning with a long-term vision
We aim to produce smart players with efficient strokes in attacking, rallying and defensive situations.

ANNUAL CURRICULUM

We believe that our programme gives players the best chance to reach their potential, both on and off court.

The Game-Based Approach

Team Bath tennis coaching follows the 5-3-9 training philosophy:



The 5 game situations



Serve | Return | Both Back | At net | Opponent at net

ATTACK

- Power
- Precision
- Early

NEUTRAL

- Threshold
- Accuracy
- Tempo

DEFENCE

- Stay
- Neutralise
- Turn

Doubles Week

The penultimate week of each half term is dedicated to doubles. We believe the skills learnt in doubles WILL make them better overall Tennis players.

They learn more about court position, netplay, attack/defensive skills, teamwork and creativity skills.

It's also an incredible amount of FUN!



Match Week

The last week of each half term/term is 'Match Week'. Team-based matches discussing mental skills, implementing tactics, learning how to deal with match momentum and enjoying the game of Tennis.

This also gives the coaches a chance to speak with parents on the balcony.



Parents' Evenings

Half term breaks are a great opportunity to discuss a variety of topics: these include LTA updates, as well as learning and programme development.

Please feel free to call if you have any questions or need any further information.

Vacation Camps

Every Easter, Summer and half term we open our doors to players from across the region. We aim to bring together coaches, players and competitors from around the South West region and further afield.

They are fun-filled days of activities and are events not to be missed!



Coping with the demands of tennis

Tennis is a fun way for young people to compete in sport as well as meet new people and develop skill sets.

We know playing tennis can be hard work, both physically and mentally, especially when there are added pressures such as exams. Here are some tips on how to handle these pressures:

If the stress of playing tennis is getting too much, tell someone. This could be your parent, coach, teacher or club welfare officer - don't deal with it alone.

This is especially important if someone is putting pressure on you - let them know how they are making you feel and that they are not helping you or your tennis.

Everyone has days when they're not on top form. If you have a bad tennis match or practice, the best thing to do is get back out there and keep going, try not to dwell on it.

Give yourself time to improve your game. In all sports there is a pattern of quick development at first, and as you get better and more experienced, it's harder to keep seeing the same level of progression.

Try not to take it too hard if you're not picked for a team.

Tennis can give you fantastic opportunities to travel for matches and training, but this also means time away from home and family which is sometimes not easy. If you find it tough being away try to keep in touch with those back home as much as you can by text, phone or video call.



Tennis Match Nerves

Tennis match nerves are when you feel worried, stressed or uneasy on court during competitive situations. You can experience nerves before, during or after being on court and they are totally normal - they can even have some positive effects to your performance!

If you feel too nervous try:

- Breathing slowly
- Slow down, don't rush yourself
- Look at your friends and family for support
- Don't think about past points and don't be too hard on yourself - if you hit a bad shot don't dwell on it, move on to the next point
- Grounding techniques - these are little rituals that can take your mind off nerves, e.g. bounce the ball before a serve, have a drink towel off, eat a banana. Things that make you feel in the present.



Dealing with Failure

Failing can often be difficult to deal with but it is something that all tennis players experience throughout their time playing. Even the most successful tennis players in the world have experienced failure in their lifetime. One of the best ways to deal with failure and success is to treat them both as a learning opportunity.

A way you can ensure you are learning from failures is to talk through your experiences with your support group. From there, you and your team can create goals to maximise from your learnings and continue improving your game.

Mental Health and Well-being



In some ways, mental health is just like physical health; everybody has it and we need to take care of it when there is something wrong.

Positive mental health is a state of well-being, when you are able to think, feel and react in the ways that enable you to engage in the work and activities that you enjoy, whilst being able to cope with the normal stresses of life.

All of us experience ups and downs in our mental health at some point in our lives and this may include feelings of intense worry (anxiety), low mood, negative or racing thoughts, appetite (eating) and sleep problems being some of the most common experiences.



Self Care

Often day to day self-care techniques and a few general lifestyle changes can help to promote positive mental wellbeing.

Here are some top tips for looking after your mental health:

- Talk to someone - Talking is a great way to help ease the feelings of low mood, worry or stress.
- Connect with others - Try to spend time with friends and family
- Eat well - A good, balanced diet incorporating lots of fruit and vegetables is very beneficial.
- Get a good night's sleep - Ensure that you establish a good sleep routine, including trying to go to bed and waking up at roughly the same time every day and having some 'screen-free' time.
- Take regular exercise - it is worth saying that regular exercise is helpful in promoting well-being and positive mental health.
- Relaxing activities - find some 'me-time' and engage in activities that you enjoy and help you to relax, and that are not linked to work, performance or competition.



Drop Off / Pick Up

Players must be on registers prior to arriving in the building. Both reception and the coaching team will keep a digital copy of the register.

At the end of the class, coaches will walk 11 & under **Red**, **Orange** and **Green** players up to the main viewing balcony.

Parents should arrive 10 minutes before the end of a session as class finishes at 5 to the hour. The coach will take players back on court if parents are late.

12 & over **JDP Players** may leave the courts unsupervised if agreed by parents and coach via the safeguarding form.

'Saturday Morning' players will be picked up on court.



Branded Clothing

Become a true member of the TEAM BATH family!



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TEAMBATH™



Check out our exclusive range of personalised Team Bath kit @
<https://teamwear.specialistsports.com/bath-university/login/ind>
(Password: teambath19)

Safeguarding and Welfare

Report a Concern

To report a concern regarding any aspect of safeguarding or welfare within the activities of the Tennis programme and the facilities used, please contact one of our safeguarding leads or report your concern directly to the LTA.

Child Protection & Adult Safeguarding Policy

For information regarding the policy, please see:

TEAM BATH | Child Protection and Safeguarding Policy

<https://www.teambath.com/about/corporate-information/child-protection-and-safeguarding-policy/>

There is also information displayed on the notice board found on the Tennis Balcony, above Court 1.

Parental FAQs

This link provides some very useful FAQs for parents:

Safeguarding information for parents | LTA

<https://www4.lta.org.uk/play-compete/getting-started/information-for-parents/safeguarding-information-for-parents/>

If you have any feedback on the delivery or the experience within the Tennis programme then please contact:

Tom Osborne | Head of Club Coaching | tao28@bath.ac.uk



Parent Support Programme

Parents play a key role in sport and kids need their support and encouragement. The LTA work closely with sports psychology experts from Loughborough University and the University of Roehampton to offer help - what we call the Parent Support Programme.

The Parent Support Programme is made up of three parts:

- Stage One: [Start Competing Guide](#)
- Stage Two: [Competition Parenting Workshops](#)
- Stage Three: [Mental and Emotional Skills Guide](#)



Start Competing Guide

Start Competing Guide is packed with expert information on finding the right tennis competition and preparing your child for tournaments.

It's a perfect starting point for parents who have just begun entering their child into competitions:

[start-competing-guide.pdf \(lta.org.uk\)](#)

Competition Parenting Workshops

Competition Parenting Workshops are aimed at parents with kids aged 9-14 who have just started competing or compete regularly.

The interactive two-hour sessions are designed in partnership with Loughborough University to provide parents with the knowledge and skills they needed to support their child at tennis competitions.

Competition Parenting Workshops

Parents' roles during tennis competitions:

- Communicating effectively with children before, during and after a match

Managing the emotional demands of competition:

- We encourage all parents to book onto the next available workshop using the find a course tool

[Find & Book Tennis Courses Near You | LTA](#)

Once you've attended the Competition Parenting Workshop you can attend our follow-on workshop - 'Nurturing your child's psychosocial skills through Tennis: Applying the 5Cs approach'.

This two hour webinar provides further guidance for parents to support their experiences in tennis and explain how they can support their child using the 5Cs model:

[Commitment](#) | [Communication](#) | [Concentration](#)
[Control](#) | [Confidence](#)



Again, using the 'Find & Book Tennis Courses Near You' tool.



Mental and Emotional Skills Guide

This guide builds on stages one and two - and provides more expert advice around how you can help the development of your child's mental and emotional skills.

Professor Chris Howard PhD (Loughborough University) and Sam Thrower PhD (University of Roehampton) will guide you through such topics as 'understand pre-match thoughts and feelings' and 'help your child with the meaning of competition'.

Download the [Mental and Emotional Skills Guide](#) to find out more.

Clean Tennis

Strict Liability:

Players are solely responsible for any banned substance found in their body. The Prohibited List contains all those substances and methods that are banned in sport.

Medicine:

Before taking a medication check the status on Global DRO. If your medication is prohibited, you may need to apply for a TUE.

The LTA supports a 'food first' approach to nutrition:

Supplements have been the cause of many anti-doping violations; players should be very cautious about taking them.

Testing:

Any player can be tested anywhere, at any-time, with no advance notice. Refusal to submit to a test can result in a ban from all sport.

ADRVs:

There are many different anti-doping violations. Most apply to support personnel (including coaches and trainers) as well as players.

Social Drugs:

Social drugs are also on the Prohibited List and are banned in sport. You could receive a ban from all sport if you test positive. For help, advice and support regarding social drug use contact Frank: www.talktofrank.com | 0300 123 6600

If in doubt, please contact [Tom Ellis \(te256@bath.ac.uk\)](mailto:te256@bath.ac.uk) in the first instance for all Clean Tennis questions and report concerns directly to UKAD.



Seeking Support

Whilst sport and exercise can be extremely positive for mental health and well-being, striving for high performance can at times create a lot of pressure, whether you are playing, coaching or watching from the stands, and it is often normal to feel a degree of anxiety - especially around competition.

However, if you experience prolonged periods of worry, low mood or unexpected changes in your sleep pattern, appetite, feelings or behaviour, it could indicate a need to seek additional support.

We recommend that if you are experiencing any feelings of continued low mood or worry, that you seek help from your GP initially.

If you feel unable to go to your GP for any reason, it is important you let someone know how you are feeling.

SAMARITANS

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

You can always call the Samaritans or Childline in confidence,
available 24/7 | Samaritans - 116 123 | Childline - 0800 1111



Contacts / Useful information

Safeguarding Leads

Tom Ellis | te256@bath.ac.uk | 01225 384210

Lead Safeguarding Officer

Juliet Dormer | jgh21@bath.ac.uk | 01225 384267


Tracey Sharpe | ts2017@bath.ac.uk | 01225 383015

Safeguarding Officers

The  Safeguarding Team
Safeguarding Policies & Procedures

<https://www.lta.org.uk/about-us/safeguarding/>

LTA Coaches

You'll see the  on court from time to time.



Our predominant contacts include:

Shane Deacon | National Coach for the South West;

Kate Warne-Holland | 14&U National Coach; and

Sam Lewis | South West Competition.

For general enquiries or any further information please contact:
teambath-tennis@bath.ac.uk

