



Beach Haven Tennis Club

Junior Player Development Programme



This info pack will provide you with an overview of the membership options as well as junior coaching, interclub and tournament programmes available at the Beach Haven Tennis Club. If you have any questions about the player development programme please contact:

- Junior Convener - Neil Coventry / n_cov@hotmail.com / 021 0265 2828
- Head Coach - Goran Gerdin / gngerdin@gmail.com / 021 108 9648

How much is the junior membership fee?

Membership Type	New members or, member fees paid before September	Membership fees paid after September	Age Details
Junior Social	\$175.00	\$185.00	If born on or after 1st Apr 2005
Junior Interclub	\$210.00	\$220.00	
Intermediate Social	\$185.00	\$195.00	If born between 1st Apr 1999 and 31st Mar 2005
Intermediate Interclub	\$210.00	\$220.00	
Family Discount	10% - for two or more family members		

**Membership fees operate on a sliding scale for players who join part-way through the season.*

What is included in my membership fee?

- Free access to the tennis courts at any time for the child (member) and accompanying family members (subject to the availability of courts that may also be reserved for for interclub games, coaching or tournaments)
- One group coaching session per week with our qualified coaches (times vary for different ages and ability levels – covered later in this resource)
- One coach supervised matchplay session per week (for interclub and coach invited players) for added match practice
- Tennis racquets for coaching and matchplay sessions (to be returned at the end of each session)
- Affiliation fees to both Tennis Northern (www.tennisnorthern.kiwi - the regional body) and Tennis New Zealand (<http://tennis.kiwi> - the national body)
- Interclub entry fees (payable to the regional body) and tennis balls for both pre and post Christmas competitions
- Ability to book courts from home (our new online booking and access system goes live in October 2017)

What do group tennis lessons cover?

BHTC coaching sessions are made up of tactical, technical, fun and social elements which create developmental readiness in children. Tennis is all about serving, rallying (forehands, backhands, volleys, smashes) and scoring and it is these skills that make up our coaching focus.

For beginner players there will be a focus on developing fundamental movement skills, hand-eye coordination and how to score a game. Developing players will learn how to move efficiently around the court and how to construct a point effectively. Coaches will use a range of 'player to player' and 'coach to player' ball feeding and drills during lessons to ensure kids are safe, always engaged and having fun. It is important to note that international change of approach will not look like the long queues of kids waiting to hit a ball that parents may have grown up with. Beach Haven Tennis Club has adopted the TNZ [Hot Shots](#) tennis programme for players 11 and under.

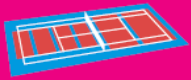







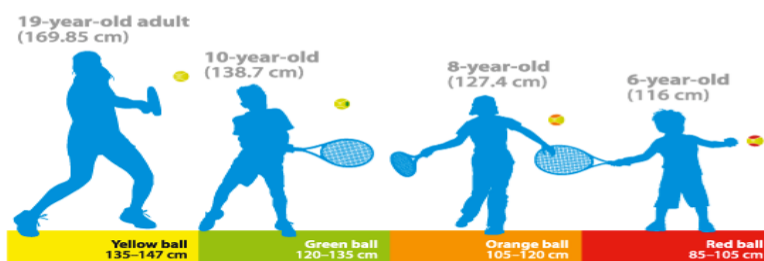
What is Hot Shots?

[Hot Shots](#) is the national starter tennis programme for kids in New Zealand. Smaller courts, shorter racquets and softer balls mean that kids can play a proper game of tennis from the moment they step on court. Using modified equipment in children's sport is not a new idea. Many sports have been using smaller pitches, lighter balls, shorter bats, lower hoops and other learning aids for many years. As players develop physically our coaches will begin to integrate the use of higher compression balls and larger courts.

What are the Hotshots stages?

The coloured stages below do not imply ability level. They simply reflect the players size and appropriate racquet and court size for them. A ball that bounces too high will result in players developing poor technique, whilst consistently hitting the ball in the correct 'strike zone' will reinforce consistency of stroke.

<p>Children use 25 per cent compression red balls that bounce lower, slower and are much easier to hit. Children play on three-metre or six-metre wide courts. Recommended racquet size is 21–23 inches.</p>   <p>RED STAGE</p> <p>AGE 5-8</p>	<p>Children use 50 per cent compression orange balls and play on regular courts with reduced length and width. Recommended racquet size is 23–25 inches.</p>   <p>ORANGE STAGE</p> <p>AGE 8-10</p>	<p>Children play on a full-sized court using 75 per cent compression green balls. Recommended racquet size is 25–27 inches.</p>   <p>GREEN STAGE</p> <p>AGE 9+</p>
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When do tennis lessons start/end?

Group coaching typically starts in the first week of the the 4th and 1st school terms, finishing a week after the interclub season.

- Term 4 2017: Week starting **Monday 16th October 2017**
- Term 1 2018: Week starting **Monday 5th February 2018**

What days/times does group coaching take place?

The table below provides an indicative overview of the BHTC coaching programme, subject to interclub team confirmation. Thursday's matchplay session is open to all interclub and invited players and they are encouraged to attend. Goran will be on hand to organise games with a focus on playing points and building real-game experience.

Group	Day & Time
Hot Shots Red & Orange (5-8yrs)	Saturday 9-10am
Hot Shots Green & Yellow Ball (9+yrs)	Saturday 10-11am
10u Mixed Interclub	Monday 4-5pm
15u & 18u Boys Interclub	Monday 5-6pm
12u Boys Interclub	Wednesday 4-5pm
12u, 15u & 18u Girls Interclub	Wednesday 5-6pm
Matchplay night (for all interclub and invited players)	Thursday 4-5pm

How do players progress?

Players start out with Saturday morning coaching, attending the timeslot applicable to their age. As players build their skills and confidence they are invited to Thursday matchplay sessions to work on building points and learning to score. Once ready/keen, players will be entered into interclub competition, with each team given an additional weekly practice session as a small group. Players are able to continually improve by practicing with friends and family members, participate in tournaments (see below in this resource) and/or have individual coaching lessons.

Older junior players are able to participate in senior club nights and join senior interclub teams, subject to Tennis Northern dispensation criteria - <http://www.tennisnorthern.kiwi/Portals/46/Interclub%20Junior%20Dispensation.pdf>



What happens when the weather is bad?

The coach will send a text to all parents to inform them of cancellations in the event of bad weather. Please ensure your contact details are up to date with the club secretary.

Can I have individual lessons?

Yes. Cost and availability varies between coaches. Contact Goran directly to arrange.

Who are the tennis coaches?

- **Head Coach:** Goran Gerdin has over 20 years of coaching experience at club, regional and national levels in Sweden, New Zealand and Australia. In addition to working as a lecturer in Childhood Development at Auckland University, Goran also holds a high performance coaching qualification from the Swedish Tennis Association.

- **Assistant Coach:** Robert Grundy has been coaching full or part-time for over 25 years and loves working with our beginner players on Saturday mornings.
- **Assistant Coach:** Alex Shepherd came up through the junior ranks at BHTC, is now one of the clubs strongest senior players and has been coaching for five years. He regularly supports Goran delivering coaching sessions for both juniors and adults during the week.
- **Assistant Coach:** Similarly to Alex, Eric Grundy came up through the junior ranks and supports Goran and Robert with Saturday morning coaching.
- **Assistant Coach:** Ingrid Dissel recently completed the TNZ Assistant Junior Coach Course and is looking forward to helping Goran and the team on Saturday mornings this season.



How does junior interclub work?

Junior interclub competitions are run by Tennis Northern, with matches taking place at the [24 tennis clubs](#) across the north shore and at the regional centres in Albany (Oteha Valley Rd) and Forrest Hill (Bond Cr). Teams are made up of four players (typically a squad of five-six) for all grades except Premier, which are comprised of two players (squad of three).

There are typically in excess of 300 junior team entries (or 2,000 players) entered into the North Shore competition each year. Each age group has multiple grades that play on different days due to court availability. An overview of when each grade play can be found in the table below. The 10u grade is run as a mixed competition, but 12u and above are split into boys and girls only grades.

Age Group	Day	Time
10u	Wednesday	4pm-6pm
12u & 15u	Saturday	Various - starting between 8am and 1pm
18u	Friday	5pm-7.30pm
Premier	Sunday	Various – starting between 10am and 2pm
North Shore School tennis	Monday	4pm-6pm
Premier School Tennis	Saturday	Mornings

The links below provide a detailed breakdown of all interclub dates for this season, as well as age eligibility and interclub rules.

- [Junior interclub dates](#) – for details on the dates of all junior fixtures
- [Junior interclub age groups](#)
- [Junior interclub rules](#)

Teams must be entered (to Tennis Northern) no later than **1st October** each year, with grades starting two-three weeks later. Parents are encouraged to register their child early to help the junior convener and coaches put interclub teams together. If the club is not able to make a team in-house, the junior convener will speak to nearby clubs to put a combined team together.



...junior interclub continued

Detailed information about the draw, rules, results entry, tennis balls, contact details of team members, etc will be provided to interclub players and parents once all teams have been entered.

It is important to BHTC that players have both the skills and confidence to enjoy their interclub experience. The interclub season is typically comprised of eight teams, playing each other over a seven week period prior to Christmas. Two teams are promoted/relegated over the summer break, with the same format repeated starting February. There is an opportunity for BHTC to enter new teams in the post-Christmas competition, giving new players time to practice their skills over the four months prior.

In the event of players being too old for a particular age group BHTC is able to apply for dispensation to Tennis Northern to keep friends together.

How do tournaments work?

Across the region there are a range of tournaments for all players, whatever their ability. If you are interested in playing a tournament and would like some advice, please give us a call.

Tournament	Additional Info
Junior Club Champs	The BHTC Junior Club Champs are held after the New Year break and are a great way to try out all the skills you learned pre-Christmas and through the summer holidays. More information on this in-house tournament will come out later in the year.
Panaho Cup	The Panaho Cup is a family doubles tournament that takes place in Feb/Mar each year. Each child simply needs to be joined by an adult (any relative) on the court. So the message for all parents – get practicing now so your little one doesn't show you up! 😊
Hotshots (Beginner) Tournaments	http://www.tennishotshots.kiwi/competition/tournament-calendar/ Please note – the above link will be updated regularly. Hotshots tournaments are informal beginner events designed to give players more match practice and introduce them to a different playing environment. Tournaments take place at clubs and regional centres across the country throughout the year. They focus on teaching kids how to score, to play fair and to have fun. Another good deliverer of local tournaments is https://maindraw.co.nz/
Regional Age Group Tournaments	http://tnz.tournamentsoftware.com/ Players who play interclub regularly should consider entering regional tennis tournaments run from the Albany Tennis Park, Forrest Hill Tennis Centre or, Scarbro Tennis Centre. Players are typically guaranteed at least three games. Players are seeded using their Configure (national) Ranking - http://tennis.org.nz/ .
National Age Group Tournaments	http://tnz.tournamentsoftware.com/ Players who enjoy regional level tournaments can enter national age group events for 12u, 14u, 16, and 18u. The location of these events move around the 4-5 largest tennis centres in New Zealand on rotation.