



CLTC Performance Programme Criteria

Targets & Goals

Despite every player having their own unique, individual goals, it's also critically important for us as a club to be able to continually manage and evaluate success to move forwards and grow. Therefore, we have outlined some overall goals for all JPP players below:

Short Term Goals

- Developing relevant technical, tactical, physical and mental skills. Progress will be evaluated and communicated via termly reports and discussions with your individual coach.
- Committing to improving your World Tennis Number/Ranking by playing two external LTA tournament or match plays per term.
- Engaging in semi-regular, individual lessons with a coach.
- Prioritising your time to be available to play for the Cumberland junior teams when selected.

Long Term Goals

- Challenging players who participate in more advance squad sessions.
- Competing regularly and successfully at relevant level tournaments.
- Prioritising tennis as one of your main sports or activities.
- Engaging in weekly individual lessons with a coach.

In order to achieve these goals, The Coaching Team commit to delivering an excellent performance programme with a structured coaching programme enabling every player to have access to a minimum of 3 hours of group coaching per week.

This is very important to the player's development. The court availability needs to be allocated appropriately and the squad's themselves need to be delivered by a committed and energetic team.

What should the Performance Players Get?

- Advice and support for parents on which tournaments to enter.
- Biannual Parents Forum
- Themed, structured and relevant squad training planned for each term underpinned by an annual scheme of work.
- Termly Reports evaluating each player's development.
- To learn in a nurturing environment with a priority on holistic coaching.

What should the Coaches Deliver?

- Weekly coaching sessions with tailored plans for continual improvement.
- Current and proven teaching methods delivered by an experienced and highly qualified coaching team.
- Coaching techniques relevant to performance player's age and level of experience.
- Monitoring the player pathway to ensure that emerging talent is identified across the whole junior programme to allow every player the opportunity to reach their potential.
- Engaging and challenging lessons underpinned by a focus on hard work and high intensity.
- A commitment to ongoing professional development by participating in internal and external coach education and improving/adding to their qualifications.



Commitment from the players:

In order to achieve the goals outlined above and for the players to develop faster, they need to be training and competing more regularly and their programme will need to be more intense.

Therefore, the following criteria must be met:

- 1) All players on the programme must attend at least 2 squad sessions per week (where offered).
- 2) Players must commit to competing at least once a month in an external tournament.
- 3) All Players must begin the new term in January with an LTA rating and BTM number. If they do not already have one, they can sign up here with affiliation to the Cumberland Lawn Tennis Club:

<https://www.lta.org.uk/play/competing/start-competing>

This will allow the coaching team to monitor progress while strengthening the overall performance pathway to help us deliver a coaching programme that will develop our players into becoming best players in the County, Region and then the Country.

The JPP criteria below is set out per age group:

Age 6-10

- Show potential in an organized trial with our Head of Performance, Ivan Armenov.
- A player will attend 2 squads a week (where space allows).
- A player will have at least 1 individual lesson a month.
- Compete at a minimum of 1 LTA tournament or match play every month.

Age 10 and above

- Accepted onto the programme by Ivan Armenov.
- A player will attend 2 squads or sessions a week (where offered).
- A player will have 1 individual lesson a fortnight.
- Compete at a minimum of 1 LTA tournament or match play month. Reporting results back to Ivan for reviewing performance and progress.

On Court criteria.....

The on-court criteria to be met on a termly basis for remaining in squads shall be as follows:

- Full, ongoing compliance with the criteria for squad invitation. (Including match plays and tournaments.)
- The player commits to following the coaches' instructions, displaying a professional attitude, having a good work ethic and focus to their training and arriving to squads and lessons on time.
- Players will maintain an 80% attendance record for sessions per term. Ivan Armenov should be notified when a player can not attend a session.
- All Players must comply with the Club's all-white clothing and shoe regulations.
- Players shall be always respectful and well-mannered to their coaches and fellow players.