



CASE STUDY ISSUE 1 JUNE 2008



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Tennis Ipswich - Winning player pathway



James Yates the Hills Road High Performance Centre (HPC) manager working in partnership with Next Generation, Ipswich and Ipswich Sports Club (satellite clubs) and a network of local tennis clubs is demonstrating how the 'Winning player pathway' works in practice.

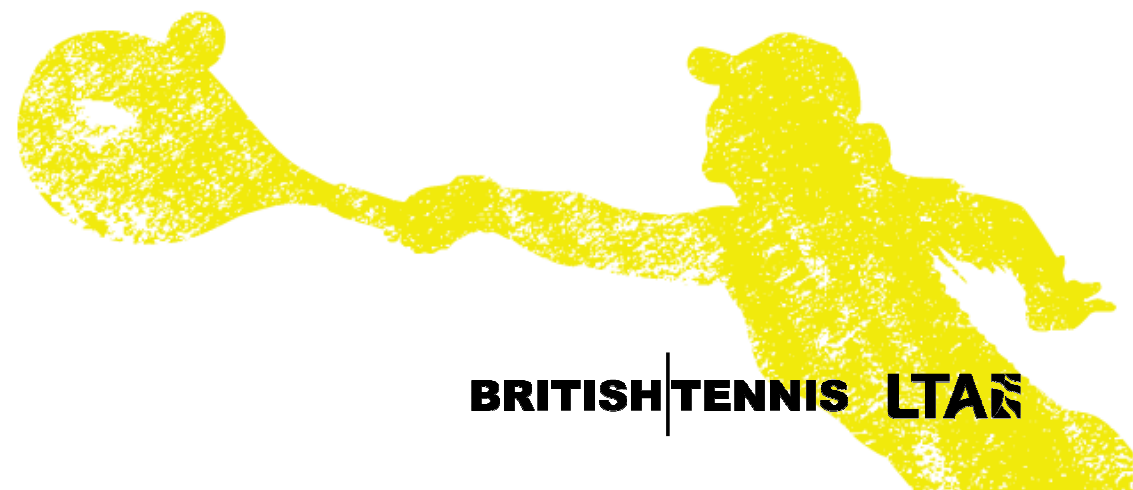
It is great example of how clubs can work together to develop and support performance players.

This fact sheet explains the relationship between the clubs and shows how they work together as an effective unit.



Summary of the network

<p>The High Performance Centre (HPC) Hills Road HPC, Cambridge</p> <ul style="list-style-type: none"> • One of 19 LTA accredited HPCs. • Delivers a performance programme and development squads. • Is the focal point for performance tennis in the region. • Due to the rural nature of the area, the HPC is making as much effort as possible to engage the satellite coaches and clubs to facilitate the flow of players through the winning pathway. • Educate and provide support to the satellite clubs. 	
<p>Satellite club - Ipswich Sports Club</p> <p>Development</p> <ul style="list-style-type: none"> • Mini development programme (6-9). • Tennis development programme 9 years +. • Futures programme for county players. <p>Performance</p> <ul style="list-style-type: none"> • Transition programme for 10 year olds from Next Generation mini performance programme to Ipswich sports club. • Performance programme for 11+. 	<p>Satellite club - Next Generation, Ipswich</p> <p>Development</p> <ul style="list-style-type: none"> • Mini development programme (6-9). • Tennis development programme 9 years +. <p>Performance</p> <ul style="list-style-type: none"> • Mini tennis performance programme (6-9). • Transition programme for 10 year olds from Next Generation mini performance programme to Ipswich sports club.
<p>Mini Tennis Centres - Woodbridge Tennis Club, Holbrook Tennis Club, Framlingham Tennis Club, Orwell Park High School, Amberfield School for Girls, Felixstowe Tennis Club. Quality links between the satellite clubs and clubs in the local area, provides the satellite clubs with their crop of future players.</p>	





More detail about each club and how they link

Hills Road HPC

Hills Road HPC is in Cambridge supporting players from Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk, Northants and Suffolk. The club is one of only 19 LTA HPCs in the country and has a highly qualified and experienced coaching staff.

Facilities

- 4 indoor acrylic courts
- 2 American clay courts
- 4 outdoor acrylic courts
- Sports hall
- Fitness suite
- Video analysis room

Performance coaches

James Yates, PCA

Sue Rich, PCA

Oli Haldenby, CCA (studying for PCA)

Chris Johnson, CCA (studying for PCA)

Judy Horn (Registered Pro)

Nick Brown, PCA

Development Team

Tom Kindred DCA

Jack Howe (hitter)

Fitness coach

Mark Taylor

The performance programme

- Squads (Ratio 4:1 or less)
- Match play sessions
- Individual lessons
- Fitness groups and individual sessions
- Injury prevention sessions
- Psychology workshops
- Physio sessions for core and joint stability
- Physio link for quick treatment at a preferential price
- FMS screening and muscular-skeletal screening at a preferential cost
- Coaches watching players compete
- AASE Scheme
- Preferential stringing rates
- Video analysis with silicon coach
- Goal setting and annual planning
- Monthly payments for packages to keep costs down

The development programme

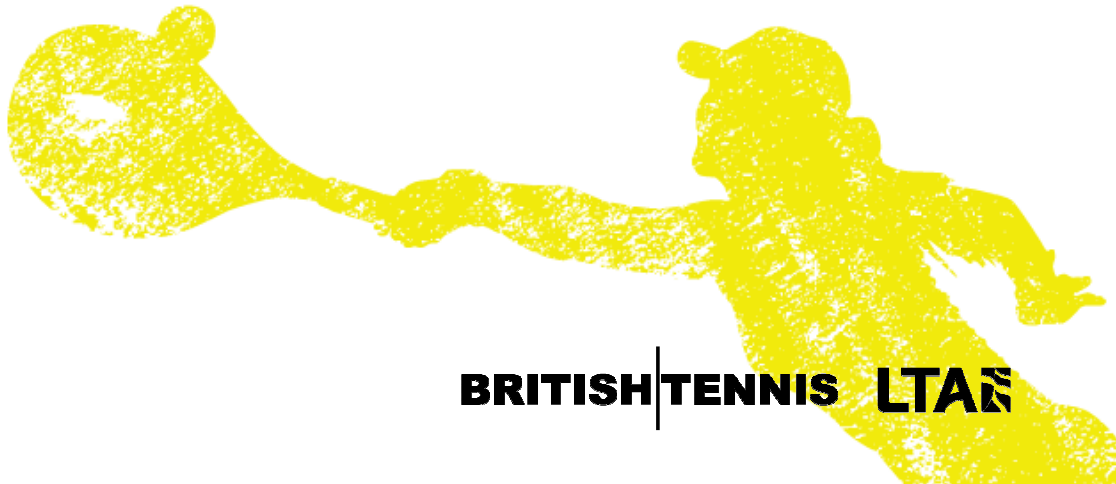
- Mini tennis development programme (6-9)
- Starter tennis
- Junior tennis
- ACE programme
- Schools programme
- Talent ID programme linked to schools programme

The competition programme

- Mini tennis team and individual events
- Starter tennis events
- Box leagues
- Grade 3 county closed
- Ariel county tournament
- Ariel qualifying and main draws
- Ariel grand prix qualifying
- Road to Wimbledon
- NJCL

Links with satellite clubs

Hills Road HPC supports the development of performance





players from Ipswich Sports Club.

Performance players from Ipswich Sports Club begin to access support and participate in coaching sessions at the HPC from the age of 12. The frequency of visit to the HPC increases with age with players eventually (subject to ability) transferring full time to the Hills Road HPC programme.

The Satellite Clubs - Ipswich Sports Club and Next Generation, Ipswich

Ipswich sports club is a multi sport club, accredited as an LTA satellite centre for its tennis programme. Next Generation, Ipswich is a commercial club also accredited as an LTA satellite centre. The satellite clubs work effectively together to deliver one performance programme.

6 – 9 year olds – mini tennis

The performance programme for 6-9 year old mini tennis players in the Ipswich area is delivered by Next Generation, Ipswich. Therefore, all mini tennis performance players in the area train at the Next Generation club. The coaches at Next Generation and Ipswich sports club decided

that this was the most appropriate solution as the coaches at Next Generation have a lot of experience in the delivery of performance programmes for very young players. This caters for in the region of 20 targeted players.

This approach also means that when the Talent Performance Coordinator for Suffolk wants to see the most talented 6-9 year olds in the area, they just need to make 1 visit to Next Generation, Ipswich.

Both clubs also run a mini tennis development programme for 6-9 year olds.

10 year olds

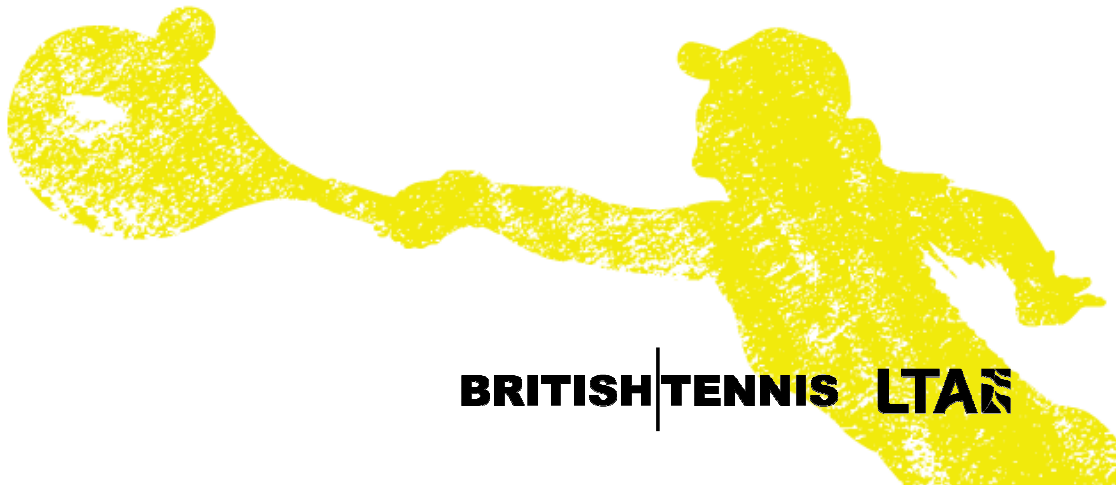
This is a transition year. Players on the mini tennis performance programme at Next Generation will begin to start playing some of their tennis at Ipswich sports club as part of their transition into the Ipswich sports club performance

programme. This approach eases the young players into the programme. During this year some players will progress fully and become part of the performance programme at Ipswich sports club and some players will move into the development programme at Next Generation.

11+

The partnerships programme for performance players aged 11 and over is delivered at Ipswich sports club. Therefore the partnerships best players train at Ipswich sports club and the coaches there provide the on and off court programme for these players. Currently there are approximately 35 players on this programme

Ipswich sports club also runs a futures programme for players not quite achieving performance standards. This programme is of high importance to the club and the county as it provides



opportunities for county players to develop and supports the county teams. It also ensures that there are plenty of hitting partners for the performance players. Currently there are approximately 20 players within this programme.

Both clubs also run a development programme for 11 – 18 year olds.

A comprehensive programme of competition is delivered at the club to provide local competitive opportunities for the clubs players. This includes grade 4 competitions run in the holidays, regular matchplay events, intra club box leagues and participation in local junior leagues and the Junior National Club league.

12+ performance players

Matrix players based at Ipswich sports club will begin to access Hill Road HPC facilities/support once they get to 12. Initially Oli Haldenby the performance coach at Hills Road visits and works with the players at Ipswich sports club. As the players get older and progress they attend training sessions at Hills Road, with the visits getting more frequent as the players progress.

Similarly players will receive fitness training support and advice at Ipswich sport club until they are ready to progress to Hills Road.

Summary of the clubs facilities and coaches

Ipswich sports club facilities

- 3 Indoor acrylic courts
- 3 floodlit hard courts
- 3 floodlit astroturf courts
- 2 clay courts

The coaching team

James Yates (PCA)
Jeremy Cowley (CCA) – dedicated performance coach
Oli Haldenby (CCA studying for PCA) From Hills Road HPC – supports the Ipswich Sports Club performance programme.
Richard Daynes (CCA)
Martin Coates (TDA)
Peter Hazeldene (CCA)
Lee Tweed (CCA)
James Yates (PCA)

Next Generation, Ipswich facilities

- Ten Indoor Tennis Courts
- One Outdoor Tennis Court
- Multi sports Court
- Gym

The team

- Oliver Sutton (CCA)
- Richard Daynes (CCA)
- Matthew Hough (DCA)
- Chris Daynes (DCA)

Links with other clubs

The network goes deeper than the HPCs and satellite clubs. Through the links that the satellite clubs have been developing the local mini tennis centres are now feeding their players into the Next Generation programme, meaning there will be a continuous flow of talent through the Winning pathway.

