

## Mini Tennis Programme

- Mini Tennis is a great introduction to the sport for young children between 4 and 10 years old. It's just like the real thing, but with smaller courts, nets and rackets and lower-bouncing balls.
- There are three levels of Mini Tennis; Red, Orange and Green, each with their own court size and type of ball. This tailored approach, based on age and physical maturity enables players to develop vital skills and techniques at an early age.
- Yellow ball competition is for players aged 11 and over. It is played on a full tennis court, with full size rackets and full compression yellow balls. It's the last stage of your tennis development and the technique and skills that you have developed through the stages of mini tennis can now be put into practice

## Tennis Ratings

At West Mid we use the tennis ratings system to gauge progress. They are designed to help players get the most out of competitive tennis. The ratings are designed to reward you for competing, inspire you to develop your game and offer the opportunity to compete more regularly and to be the best you can be.

To get a rating you will need to [sign-up to British Tennis Membership](http://www.lta.org.uk/membership) at [www.lta.org.uk/membership](http://www.lta.org.uk/membership)

## Competing

As well as attending lessons we hope to encourage our young players to compete as well. There are several ways to achieve this at West Mid.

- As a member you can come and play with your parents or friends (under 12's must be supervised by an adult)
- Come to mini tennis club night on a Friday
- Join the junior ladder
- Play for one of the teams, we have 7 junior teams enter in the AEGON team tennis leagues, from mini tennis red to 18 & under
- Play in the many LTA tournaments in the Middlesex area
- Come on our tournament trips in the UK and abroad
- Play in the West Mid end of term tournaments

# West Middlesex LTC

LTA Mini Tennis Accredited Centre

## Junior Tennis Courses

### Spring Term 2012

10 week term

Monday 16<sup>th</sup> January – Saturday 31<sup>st</sup> March

Excludes Half term w/c 13<sup>th</sup> February



**To play at West Middlesex LTC you must be a member**

**At West Mid Tennis Club we provide a tennis pathway for players of all ages and abilities. We provide performance, development and ACADEMY programmes, so if you are a budding superstar or total beginner you can come and join our fun, friendly and vibrant junior section.**

All of the coaches at West Middlesex LTC are LTA licensed, fully insured, CRB checked and regularly attend LTA courses to update their skills and knowledge.

Contact details;

Website: [www.westmiddlesexlta.co.uk](http://www.westmiddlesexlta.co.uk)

E mail: [info@westmiddlesexlta.co.uk](mailto:info@westmiddlesexlta.co.uk)

Telephone: 020 8998 3297

Simon Langley; Head Coach 07796 171302

James Ellis; Assistant Coach 07552 338399

