



+44 (0) 7956944899

ollyculwick77@hotmail.co.uk

The **BPTA** has been designed as an academy for children who have been invited to join the Mini Tennis performance programme. We now have over 30 kids at the club who are participating in our “**Stars of the Future**” programme who are now all members of the “**Berkhamsted Prestige Tennis Academy**”.

The main goal of the **BPTA** is to attract young talented children from 4 to 10 years of age who are looking to train on regular basis, with the aim of producing focused and competitive athletes that play smart tennis with effective strokes.

The **BPTA** works very closely with the **Berkhamsted Elite** Tennis Academy. **BETA** work with performance players from the age of 10 upwards. Once players move out of the Mini Tennis environment and start to train with a full ball on a full court they will join **BETA** programmes.



The **BPTA** is an Academy for Mini Tennis performance players. 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. Many sports have a mini version including, football, rugby and cricket which are helping to develop young talent in an appropriate learning environment. We at **BPTA** have a development structure where we give specific training to each level.

MINI TENNIS RED

- Mini Tennis Red is for players aged 8 years and younger.
- Players will learn and develop FUNdamental skills (running, jumping, hopping, throwing and catching).
- Learn basic technique and tactics whilst developing the mental and competitive skills to help them progress their tennis.
- Major emphasis on building confidence, developing coordination (including perception and reception)
- Introduction to match play, competition and scoring.

MINI TENNIS ORANGE

- Mini Tennis Orange is for players aged 8 and 9 years old.
- Continuing the development and improvement of FUNdamental skills.
- Improving basic technique and developing tactical awareness. Alongside this mental and competitive skills will also be continually improving.
- More complex coordination work as well improving speed, agility and balance.
- Introduction to basic S&C work (strength and conditioning)
- Competing more and traveling to different clubs and competitions at weekends and school holidays.

MINI TENNIS GREEN

- Mini Tennis Green is for players aged 9 and 10 years old.
- Developing advanced FUNdamental skills that include throwing for distance, intricate movement patterns, coordinating more links of the body into a movement or action.
- Developing more advanced technique (bio-mechanics) and having a good understanding of different tactical situations.
- Further development of S&C work as well as introducing fitness sessions.
- Encouraging children to be more independent, understanding warm ups routines, practicing and travelling to competitions at new and different venues.

BPTA MEMBERSHIP AND INFORMATION

BPTA CLOTHING

Each child will receive clothing items when they become members, which will have the **BPTA** logo:



BPTA PERFORMANCE FOLDER

Each child will get their very own folder where they can keep together all their tennis information, progress reports and performance goals.

BPTA PRIZES AND REWARDS

Each child, as mentioned above will receive their own individual performance goals which are based on all the four performance factors (Technical, Tactical, Physical and Mental). Each player will also be set a general outcome goal, which is to achieve a Mini tennis rating 2 for their appropriate level; **Red**, **Orange** or **Green**. For a player to achieve a Mini tennis rating 2 it's all about the number of matches you play whether you win or lose. At the end of every season any **BPTA** player who manages to reach a Mini rating 2 at their level will receive a prize. Each player will receive a further prize if they go on to achieve the top Mini rating 1 level.

BPTA HOLIDAY CAMPS AND COMPETITIONS

Every school holiday and half term there are **BPTA** camps for **Red**, **Orange** and **Green** levels. These camps are normally four days where the children will train for up to 3 hours per day with a competition on the final day. At the end of every camp we link a trip to an LTA competition where the players can travel to a local tournament together as a team with a coach.

BPTA TALENT IDENTIFICATION

We are always on the lookout for the next “**Stars of the Future**”. We are in constant communication with Berkhamsted Lawn Tennis Club coaches who run the Mini tennis squads for new and beginner players. We hold regular talent identification days, where we invite young children from all the local schools and surrounding areas.

Oliver Culwick

Head of the BERKHAMSTED PRESTIGE TENNIS ACADEMY

+44 (0) 7956944899

ollyculwick77@hotmail.co.uk