

DEVELOPMENT STRUCTURE

CAREER CHOICES 18 YRS +

FULLTIME PROFESSIONAL PLAYER - Global travel on ATP/WTA or ITF circuits. When in the UK, practicing most days of the year. Tennis is your fulltime job.

UNIVERSITY SCHOLARSHIP - Most American universities will offer scholarships to players. Players can combine further education with tennis. All tennis training and tuition paid for by University. Can be a spring board for professional tennis career in early 20's.

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TENNIS COACHING - The experience gained by an individual playing tennis for a number of years would make them a very attractive employee for any coaching business. Coaching courses and qualifications available through many organisations, e.g. RPT, PTR and LTA.

TENNIS OFFICIATING - The organising and running of tournaments. Starting with junior events and with the possibility of leading to international and professional tournament organisation.

TENNIS CLUB MANAGEMENT - With the experience gained through playing tennis and also with certain tertiary certificates, players could take on the day to day running of a tennis facility.

OTHER - Tennis is a game that will develop many life skills. Individuals who have played tennis seriously for a number of years will be very employable people in any area they chose to specialise.

BETA FULL TIME PROGRAM 14yrs +

- Morning and afternoon program Monday to Saturday.
- Players and their families have chosen to pursue a career in tennis.
- All yearly periodized programs have every block of development tailored to the individuals needs.
- All aspects of a tennis player's development are covered and practice on a daily basis for 48 weeks per year
- 6-10 weeks per year of international travel, either with competitions or training camps.
- Lifestyle choices evident. All other life aspects must fit around tennis, i.e. education and social.
- Players should be practicing between 20-30 hours

BETA ATP PROGRAM ages 14 - 18 yrs

- Afternoon Program 4-7pm, Saturday 8-12pm
- Players have periodized training schedules for the year, ie all development, competitions and rest periods are known in advance,
- Intensity of training increases and fitness and mental aspects are incorporated more often into tennis drills.
- Knowledge of body recovery and healthy eating is increased.
- Increased competitions at in every competitive block.
- Love of all competitions big and small, winning mentality.
- Players should be practicing between 15-20 hours per week.

BETA ATP PROGRAM ages 9 -14yrs

- Afternoon Program 5-7pm, Saturday 12-4pm
- All practice sessions planned for specific development of each player
- Regular fitness sessions.
- Mental aspect of the game developed.
- Learning good tennis habits.
- Love of competing in matches.
- Players should be practicing between 10-15 hours per week.