

**The BPTA is an academy for children who have been invited to join the Mini Tennis performance programme. We now have over 40 kids at the club who are participating in our “Stars of the Future” programme and who are now all members of the Berkhamsted Prestige Tennis Academy.**

**The main aim of the BPTA is to attract young enthusiastic children who show potential in the sport and are keen to train on regular basis. The goal is then to take these players on and produce focused and competitive athletes that play smart tennis with effective strokes.**

**The BPTA works very closely with the Berkhamsted Elite Tennis Academy who work with our 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 and on a full court they will join the BETA .**



**As stated above, 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 the BPTA have a development structure where we give specific training to each level as shown below.**

**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, 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 skills) - Introduction to Matchplay, Competition and scoring.**

**MINI TENNIS ORANGE**

**-Mini Tennis Orange is for players aged 8 and 9 years old. - Continue to further develop and improve the FUNdamental skills. - Improve on their basic technique and develop tactical awareness. Their mental and competitive skills will be continually improving alongside this. - More complex coordination work as well improving speed, agility and balance. -Introduction to basic S&C work (strength and conditioning) - Looking to compete more and travel 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. - Develop advanced FUNdamental skills that include throwing for distance, intricate movement patterns, coordinating more links of the body into a movement or action. - Develop more advanced technique (bio-mechanics) and have a good understanding of different tactical situations. - Further develop S&C work as well as introduce fitness sessions. - Encouraging children to be more independent, understanding about warm ups, practicing and travelling to competitions at new and different venues.**

**BPTA MEMBERSHIP AND INFORMATION**

**BPTA CLOTHING**

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

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**BPTA PERFORMANCE DIARY**

**Each child will get their very own BPTA diary when they start competing. This is where they can keep together all their tennis information, progress reports and performance goals as well as anything they feel relevant.**

**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 Psychological). 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 and then will receive another 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. If possible at the end of every camp I like to link a trip to a LTA competition where the kids and myself can travel to a local tournament together as a team.**

**BPTA TALENT IDENTIFICATION**

**We are always on the lookout for the next “Stars of the Future” and I am in constant communication with our coaches who run the Mini tennis squads at the tennis club and the local schools. We hold regular talent identification days down at the club where we invite young children from all the local schools and surrounding area who’re new to tennis and would be interested joining the programme.**

**Oliver Culwick**

**Head of the BERKHAMSTED PRESTIGE TENNIS ACADEMY**