

Cambridgeshire Junior Pathway

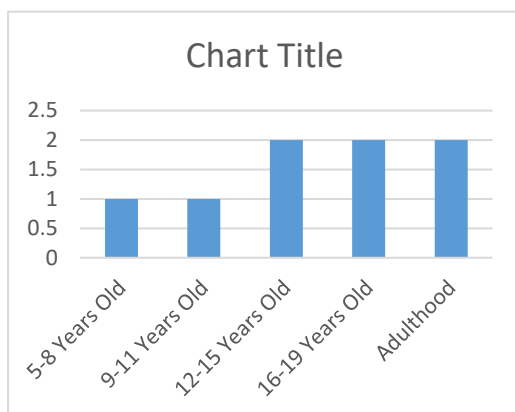
This document sets out the potential tennis journeys that young players may undertake dependent on ambition. Tennis offers many great opportunities from recreational play, to competing at a local level through to international competitions, as a gateway to university scholarships (especially in the USA), to a wide variety of career opportunities including tennis coaching, facility design and management, marketing, journalism and sports medicine. In addition to the fitness benefits, participating in tennis teaches life skills from the outset; building character, developing confidence, cultivating sportsmanship, promoting teamwork and fostering tolerance and inclusivity – transferable skills that are invaluable in any career choice. Tennis also provides great opportunities to volunteer in the local community.

Great fun can be had on each journey!

RECREATIONAL PLAYERS

Where do they play? all clubs including small clubs

How often do they play/have coaching?



- 5-8 years old: once a week
- 9-11 years old: once a week
- 12-15 years old: 1-2 times a week
- 16-19 years old: 1-2 times a week
- ADULTHOOD: 1-2 times a week

Their weekly tennis is mainly made up of: Group coaching or 1-1 lessons

How often do they compete? Never or rarely.

What level do they compete at? Grade 5/6 Perhaps a couple of times a year locally (probably just at their club)

Why do they play? For fun, to socialise and to gain a new skill as part of a fairly balanced life outside of education/work

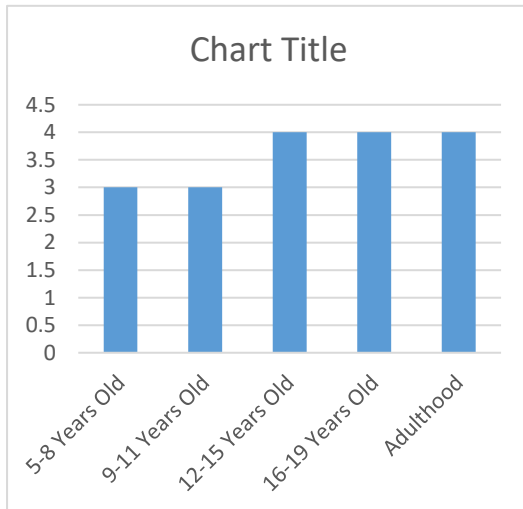
What is tennis likely to offer this type of person in the future?

Hopefully their enthusiasm will keep them in the game and maybe get into a role where they volunteer to help at their local club. Their life style will be enhanced by the physical wellbeing they can get from playing the game. Encouraging the next generation to play.

COMPETITIVE PLAYERS

Where do they play? Typically, medium to large clubs with 4 courts or more, where a coaching and competition infrastructure exists

How often do they play/have coaching?



- 5-8 years old: 1-3 times per week
- 9 -11 years old: 2-3 times per week
- 12-15 years old: 2-4 times per week
- 16-19 years old: 2-4 times per week
- ADULTHOOD 2 -4 times per week

Their weekly tennis is mainly made up of: Group coaching and 1-1 lessons

How often do they compete?

- 5-8 years old: 6-12 times per year
- 9 -11 years old: 6-12 time per year
- 12-15 years old: 1-2 times a month
- 16-19 years old: 1-2 times a month
- ADULTHOOD: club matches weekly and some senior tournaments

What level do they compete at?

- 5-8 years old: Mini red team events and individual
- 9 -11 years old: Orange/Green team events and LTA grades 3, 4-5
- 12-15 years old: LTA grade 3-5
- 16-19 years old: LTA grade 3-4
- ADULTHOOD – locally and some external events

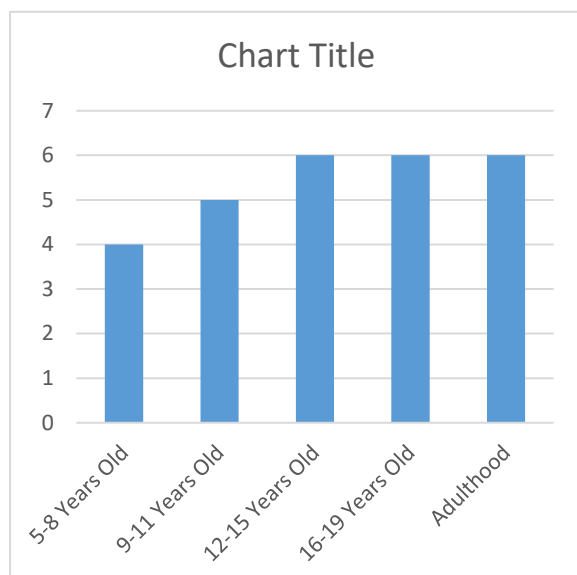
Why do they play? As per recreational players, plus tennis is most likely their main sport. They have goals to improve their rating/ranking and enjoy the competitive side of playing tennis

What is tennis likely to offer this type of person in the future? Hopefully they will continue to play for their Club on a regular basis and perhaps do some external events and tennis is part of their weekly sports programme. Perhaps become Club Chair people and actively involved in tennis within the Community.

PERFORMANCE PLAYERS

Where do they play? Medium to large clubs like which usually have access to some indoor facilities, where individual performance can be accommodated.

How often do they play/have coaching?



- 5-8 years old: 2-4 times per week
- 9-11 years old: 3-5 times per week
- 12-15 years old: 4-6 days per week
- 16-19 years old: 4-6 days per week
- ADULTHOOD – County level and beyond – regularly 4-6 times a week

Their weekly tennis is mainly made up of: Group coaching (smaller coach:pupil ratio groups), 1-1 lessons and physical training

How often do they compete? A lot! They will have a competition schedule to maximise their own goals and objectives competing at both weekends and during school holidays. These events will usually (but not always) be in the UK

What level do they compete at?

- 5-7 years old: Mini Red individual events and at County Red level
- 7-8 years old county red and orange events
- 9-11 years old: county and regional events up to u9, inter-region matches and some national events for 10/11 year olds
- 12-15 years old: ETA and national events grade 1-2
- 16-19 years old: ETA/ITF and national events grade 1-2
- ADULTHOOD – full time tennis

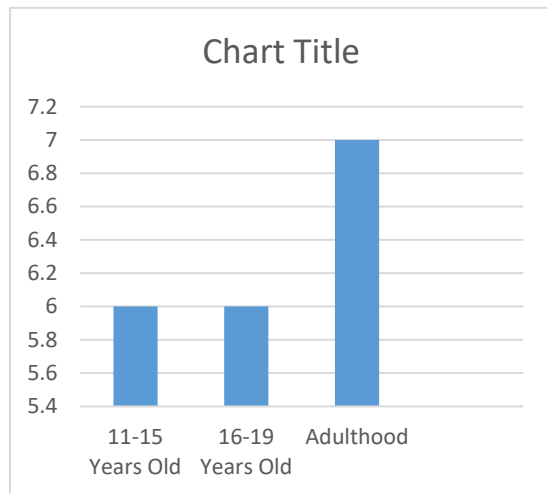
Why do they play? Wanting to get as good at tennis as they can but are keeping other options open and still putting education at the top of their priority list.

What is tennis likely to offer this type of person in the future? May go on and represent the county at senior level, have opportunities to go to American University on a scholarship or have a coaching career, etc

ELITE PLAYERS

Where do they play? At regional player development centres and national academies run by the LTA or with heavily tailored individual programmes

How often do they play/have coaching?



- 11-15 years old: 4-6 days per week
- 16-19 years old: 4-6 days per week
- ADULTHOOD – professional tennis

Their weekly tennis is made up of: Group coaching (small groups), 1-1 lessons and physical training

How often do they compete? A lot! They will have a competition schedule to maximise their own goals and objectives with the aim of becoming a professional tennis player. They will often travel outside of the UK to compete

What level do they compete at?

- 11-15 years old Top national events, Tarbes, Tennis Europe Events, ITF's WTA/ATP if super human. EG Murray was winning futures at 15
- 16-19 years old: ITF's WTA ATP
- ADULTHOOD – Professional circuit

What might my rating/ranking be?

- 11-15 years old: Top few in UK/Top 20 in Europe/top 300 ITF
- 16-19 years old: Top 250-10 ITF/ WTA/ATP top 1000-500
- ADULTHOOD – professional tennis

Why do they play? They are aspiring to become professional tennis players

What is tennis likely to offer this type of person in the future? As per performance player plus: Less likely to have a plan B, all eggs will be in the tennis basket. Likely to have a good career available in coaching if becoming a player doesn't work out but less likely to have lots of other options.