

## SUNDAY'S WELL JUNIOR TIMETABLE - TERM 3

March - June 2025 (10 weeks)

The Junior Squad timetable for this term is outlined below, please note the following important points:

Squads will start again the week commencing **Monday March 24th** .

[All registrations and payment must be done in full online at this link](#) **before close of business on MONDAY March 17th** any payments made after this date will be subject to a **€20 late fee per booking**. Full online payment and an earlier closing date are **due to the planning needed to make squads successful. We would appreciate your full cooperation with this.**

There will be no squads on **Bank Holiday Mondays**.

Please note, that from time to time, **Saturday squads may be cancelled due to club events**, should this happen, **advance notice will be given, and the time will be made up at a later date if not already taken into account.**

All club players are encouraged to do **two days if possible**.

**Times for Saturday squads are different to weekdays**, they are listed below.

Some friendlies will be held on Fridays, unfortunately not all players will get a chance to play in these.

All tournament players are **expected to participate in both days, should this not be possible please contact Ger on 086 8158448 to discuss further.**

In the event of bad weather, players will be contacted by email if it is to be cancelled. We try not to cancel squads unless the courts are flooded and there is a severe weather warning.

<b>Tournament</b>	<b>Under 8, 9, 10, 11</b>	<b>Under 12, 13, 14, 16</b>		
	3:00pm - 4:30pm	4:30pm - 6:00pm		
1 Day - Tuesdays only	€150	€150		
1 Day - Thursdays only	€150	€150		
2 Days (i.e: Tuesday + Thursday)	€255	€255		

Club	Under 6	Under 8, 9, 10, 11	Under 12, 14, 16, 18
	2:00pm - 3:00pm	See below	4:30pm - 6:00pm
1 Day - Mondays only	€90.00	€120.00	€120.00
1 Day - Wednesday only	€110.00	€150.00	€150.00
1 Day - Saturday only		€105.00	€105.00
2 Days - Monday + Wednesday	€170.00	€230.00	€230.00
2 Days - Monday + Saturday	-	€190.00	-
2 Days - Wednesday + Saturday	-	€215.00	-
<b>Under 8, 9, 10, 11 Times</b>			
Mondays/Wednesdays	3:00pm - 4:30pm		
Saturdays			
- Under 8/9	1:30pm - 3:00pm		
- Under 10 - 13	3:00pm - 4:30pm		

## About the Sunday's Well Junior Tennis Programme

- **Tots 4-6 years:** Basis coordination and movement skills. Ability to work/play with a partner in a fun environment
- **Red 6-8 years:** Serve, rally and score on a modified court using red ball. Drills improving all coordination skills
- **Orange 8-9 years:** More emphasis on the technique to play on a larger court area using an orange ball including serve and rally
- **Green 9-10 years:** Playing on a full court with a green ball. Improving and recapping the technique already learnt.
- **Yellow 10+ years:** Serve rally and score on a full court with a regular ball. More emphasis on technique and skills already learnt plus drills for different tactical situations.

Each of the above stages are tailored to accommodate the different ages and ability levels of our players in a fun environment. This allows all players to improve their game (within a group of similar ability) and to work on all the skills required to play tennis.

#### **Tots 4-6 years:**

Fun activities with the aim of improving their balance, movement, agility and coordination while using many racket and ball skills. Many of our activities require players to work in pairs or as a team, which can be challenging at this age.

#### **Red 6-8 years:**

Mini tennis involves the basics of serve, rally and score with a red ball on a modified court. Continued movement and coordination drills are geared towards improving technique and physical development. Players are encouraged to play fun competitions in teams or individual events (e.g: ROGY) with a round-robin or multi match scoring format

#### **Orange 8-9 years:**

Midi tennis is played on a smaller court with an orange ball, but again all the skills are geared towards players improving their skills on serve, rally and score. Emphasis is on learning a range of techniques (topspin/slice etc) and playing tennis for many tactical situations. Players are encouraged to play team and individual multi-format tennis competitions

#### **Green 9-10 years:**

Players now have the ability to play on a full size court but using a green ball (slower). Players are now working on more tactical situations using the technique required to compete with the many skills previously learnt.

#### **Programme of Tennis 10's**

The above stages are all part of a worldwide programme of Tennis 10's ratified by Tennis Ireland. Participating in the Tennis 10's is beneficial for all players in developing many of the skills relevant to any sport that the players may play. Physical activity, coordination and movement are always part of every session, with an emphasis on fair play and sportsmanship. Parents can also play a part too, we welcome you to encourage practice at home. FUN is an essential part of our programme, it's not about winning or losing but playing with a smile

#### **Yellow 10+ years:**

Following from our Tennis 10's programme, players now focus on the skills already learnt to play on a full court with a regular ball. Tennis training consists of approximately 10% instruction and 90% repetition. Playing patterns in many game situations are worked on repetitively (with various drills) as to encourage players to play the game and strokes in a subconscious or automatic reaction to the many game situations players encounter within the game of tennis.

As the main purpose of tennis training is to make all strokes and most playing patterns automatic, young players need to repeat the technique and patterns of play thousands of times, but our programme is to be creative, fun and constructive with players learning and being challenged in every session.

#### **Tournament Squads**

We have tournament squads for Under 8's up to Under 18's. This is geared towards players who play both internal and external competition during the year. These programmes are

similar to above but at a higher level. This year we will also be starting a mentoring programme for our older tournament squad players. Further details on this will be given closer to the time.

Further information about other junior events is available from the [Junior Tennis Guide available on the club website.](#)