



Sunday's Well Junior Tennis Guide

AN OVERVIEW OF JUNIOR TENNIS EVENTS & STRUCTURES

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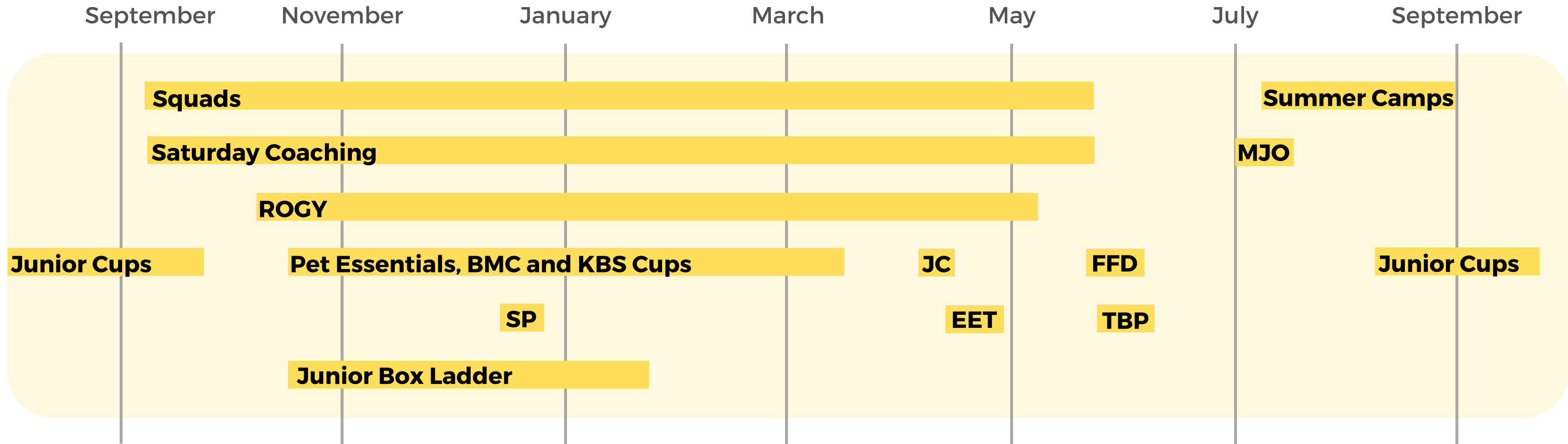
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Junior & Family Events



Junior & Family Events

Summer Camps

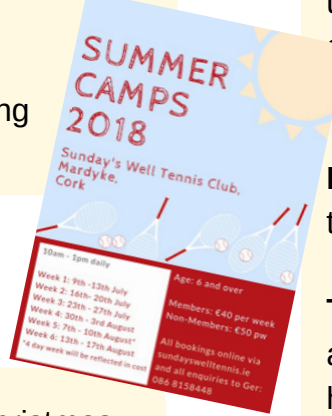
Date: July & August

Ages: 8+

Description: Multisport camps take place from 10am - 1pm daily in the Summer.

Entry Fee: €40 per week for members/€50 per week for non-members (2018 prices)

To sign up: Contact Coaching Co-ordinator



Santa Party

Date: Last Sunday before Christmas

Ages: All ages

Description: Fun activities along with a special visitor

Entry Fee: €15 per child/€25 per family

To sign up: Sign up in advance once advertised



ROGY

Date: Some Saturdays, October - May

Ages: 8 - 12

Description: ROGY, stands for Red, Orange, Green Yellow and relates to the colour of the ball. Kids progress from a red ball (lightest ball) through the various stages. ROGY events are usually held on Saturday for approximately 2 hours and are open to both members and non-members.

Entry Fee: €10 includes a t-shirt/€5 no t-shirt.

To sign up: ROGY events are usually advertised about 2 weeks before they happen. Contact the Coaching Co-ordinator



Saturday Coaching

Date: September - June

Ages: 5 - 13

Description: Fun coaching for beginners and intermediate players.

Entry Fee: €65 per term

To sign up: Contact the Club office

Junior Close

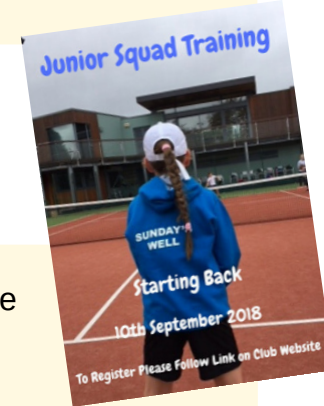
Date: April

Ages: 8 - 18

Description: A 3-day competition with multiple events. It is open only to Sundays Well Members. When players enter singles they are automatically entered into doubles events.

Entry Fee: €15 for two events

To sign up: The event is usually open for entry about 3 weeks before start. Entry is online via tournament software website. Notices will be put around the club and on Facebook once entry is open.



Squads

Date: September - June

Ages: 6 - 18

Description: Coaching of different levels, available on weekdays

Entry Fee: Varies depending on number of days attended and group.

To sign up: Contact Coaching Co-ordinator

Junior Box Ladder

Date: Fridays, November - January

Ages: 9 - 17

Description: A competitive event where players are put in groups/boxes of approximately 5 players. All players in the same box play each other. Once all matches are played, groups are reshuffled with those that win the box being moved up to next box.

Entry Fee: €3 to cover prizes

To sign up: Contact Coaching Co-ordinator



Family Fun Day

Date: April

Ages: All ages

Description: A day of fun multi-sport activities.

Entry Fee: €20 per family

To sign up: Sign up in advance once advertised

Easter Egg Tournament

Date: Easter Week

Ages: 8 - 12

Description: A doubles or fun games competition for young players played in one afternoon (players should be able to rally)

Entry Fee: €3

To sign up: Contact Coaching Co-ordinator

Teddy Bears' Picnic

Date: Afternoon in June

Ages: 5 - 8

Description: Meet in the club for a picnic in the park and some fun activities.

Entry Fee: Free

To sign up: No need to sign up, just come along on the day



Junior & Family Events

Pet Essentials, BMC & KBS Cups

Date: November – April (matches usually set at weekends)

Ages: U12, U14, U16, U18

Description: Doubles event. Club teams of 4 players are created per age category. In the first round, the team is in a group of approx. 4 Munster clubs. The team plays each of the other clubs both at home and away. The better teams go through to a knockout stage. Each pairing will play 1 match when playing another club.

Entry Fee: Free, club pays fee

To sign up: Coaches select team from squad players.

Munster Junior Open

Date: Beginning of July

Ages: 8 - 18

Description: A 7-day competition with multiple events (both singles and doubles). It is open to members and non-members. Social/Fun activities are held in the evenings (example: tag rugby, quiz etc.).

Entry Fee: €15 for one event and €27.50 for two events and €40 for three events

To sign up: The event is usually open for entry from the beginning of June, entry is online via tournament software website. Notices will be put around the club and on facebook once entry is open.

Junior Cups

Date: Late August - Early October

Ages: U12, U14, U16, U18

Description: Club teams of 4 players are created per age category. The competition is a knockout format from the outset, so a team must win in order to continue through the competition.

Entry Fee: Free, club pays fee

To sign up: Coaches select teams from Squad players

Junior Contacts

Junior Co-ordinator:
Ms Ger Flynn, 086 815 8448
juniortennis@sundayswell.ie

Chair, Junior Committee
Mrs Mags Kelleher

Child Protection Officers:
Mr Kevin Quirke
Ms Kalene Kenefick

Club Office:
021 4272733
info@sundayswell.ie

Secretary/Manager:
Mr David Hannam,
dave@sundayswell.ie

Club Website
www.sundayswell.ie/juniors



Meet the Coaches

A WEALTH OF COACHING AND PLAYING EXPERIENCE

Ger Flynn | Level 3 & Coaching Co-ordinator



Ger is a level 3 coach and a Tennis Ireland Tutor with over 30 years coaching experience. As a player, she represented Munster at all levels and was also part of an Irish Veterans team. She has been coach and non-playing captain to numerous Munster and Irish Junior teams, travelling around Europe with the National Junior squads over a 10-year period. A member of Sunday's Well for almost 40 years, in 2017 Ger was appointed by the Club to manage the Junior Tennis Development Programme.

Marie Duffy | Level 2



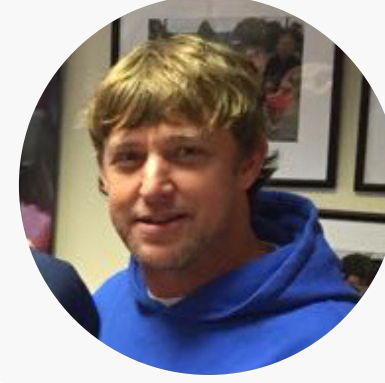
Marie is a level 2 coach with 25 years experience. She ran the Junior Tennis Coaching programme at the Club for the past 18 years. Marie is also an active competitive player and has represented Ireland in both World Team and Four Nations Championships six times. She won several National titles at Senior level and currently plays for Sunday's Well at Premier/Grade 1 level in Munster. Her qualifications include Health & Fitness Instruction from UL, Occupational First Aid and Emergency Care. Marie has been a member of the Club for 30 years.

Greg Morris | Level 2



Greg is a level 2 coach with over 40 years experience and has been a member of Sunday's Well for even longer! As a player, he has represented Munster at various levels and also played for Ireland at Veterans level. He held National titles in singles and doubles. He was non-playing captain to many Munster Junior teams, as well as to a number of Irish Junior teams competing across Europe. Greg is involved in many of the Club's activities, particularly in social tennis programmes and events.

Johnny O'Mahony | Level 2



Johnny is a qualified Tennis Ireland Level 2 coach with more than 30 years playing experience. He has played for both Club and Munster teams. Johnny, has twelve years coaching experience from club to provincial players, both young and adults. For many years Johnny has spent the summer months coaching in New Hampshire, USA. In the past year, he has joined the Junior programme in Sunday's Well and is available for private coaching also.

Anne McCarthy | Level 1



Anne is a level 1 coach with 15 years experience in many Cork clubs and schools. She is a Grade 1 player and has represented her Club, Munster and Ireland at various levels, including very recently when she represented Ireland at the World Superseniors Championships in Miami.

Mags Kelleher | Coaching Assistant



Mags is currently studying for the Level 1 tennis coaching qualification. She has been actively involved in tennis since 2017 and has represented Sunday's Well on numerous occasions. Prior to playing tennis, Mags had already proven herself to be a highly skilled athlete, she has competed at both national and international level in track and field in the 100m, 200m, 400m and pole vault events. Mags is also the chairperson of the club's junior committee and as such is very involved with all of the club's junior tennis events.

Useful Information

Further Information & Suggestions

If you are looking for further information about Junior Tennis, have a look at the [junior page of the sundayswell.ie website](#) or the [Sunday's Well Facebook page](#), we try to update both regularly. The following websites are also useful:

- Munster Branch of Tennis Ireland | www.munstertennis.ie
- Tennis Ireland | www.tennisireland.ie (includes a Junior Tournament Calendar)
- Tournament Software | <https://ti.tournamentsoftware.com>

Alternatively, If you have a **specific question** you can email us at juniortennis@sundayswell.ie

We are always willing to hear about new suggestions or ideas members may have. If you would like to **share a suggestion**

- about junior tennis email juniortennis@sundayswell.ie
- about tennis/club more generally email tenniscaptain@sundayswell.ie

Sponsorship Opportunities

The club has numerous sponsorship opportunities, If your company would like to **get involved with sponsoring a junior event or would like further information about the different sponsorship options** please get in touch with the office by phoning 021 4272733 or emailing dave@sundayswell.ie

THE COMMITTEES

Junior Committee

The Junior Committee is a group of volunteers who help manage and organise junior tennis events. They are an essential part of the club and events such as the Family Fun Day, Santa Party and Junior Close simply could not happen without them.

The Committee meets 4 or 5 times a year in advance of the junior events. If you would like to get involved with the committee please email juniortennis@sundayswell.ie

Coaching Review Committee

The Coaching Review Committee is a group of volunteers who help specifically with the organisation and management of Coaches and Coaching activities.

The Committee meets once a month and the chair of the Coaching Review Committee sits on and reports to the Club's General Committee every month.

Get Involved - Join Our Volunteer List

The Club is very keen to get more members involved with the running of activities. To this end, we are creating a list of people who may be available to help from time to time. This allows **members to get involved without the full commitment of being on a committee**. The plan is that when events do come up, we will get in touch to see if you are free to help with that particular event.

To join the list sign up on the <https://sundayswell.ie/get-involved/>

Junior Dates | 2020

Unfortunately, due to Covid-19 all events are currently cancelled.

For more information or to sign up to any event go to <https://sundayswell.ie/juniors>

To Sign Up to Events

1. Go to <https://sundayswell.ie>
2. On home page click **View All Events**
3. **Scroll until you see the event** in question
4. **Click the event title.** (This page will give you more information or a sign up sheet if there is one.)

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