



TENNIS PLUS MTI-MODERN TENNIS ACADEMY SQUADS

The Tennis Plus programme is an official MTI-Modern Tennis Academy www.playmoderntennis.com All squads will be taught following the modern tennis syllabus set out by the MTI. Each academy squad member will have an opportunity to train twice a week with match-play opportunities on the weekend. There will be 2 grading days held each year that players will be asked to attend. At the grading days players can demonstrate what they have learnt gaining certificates and medals for passing individual grades. In addition individual and academy lessons (lesson with 2-4 players of same standard) are available on request from £12 per hour. Please contact head coach **Ioan Evans** on **07870620488** for further details.

ACADEMY RED SQUAD – Players working towards their red 1-3 grades

ACADEMY ORANGE SQUAD - Players working towards their orange 1-3 grades

ACADEMY YELLOW SQUAD - Players working towards their yellow 1-3 grades

ACADEMY PERFORMANCE SQUAD – Players working towards the advanced grades- Bronze, Silver, Gold, Platinum

Squad players are expected to be committed to their training with correct warm ups and cool downs and prompt attendance for the start of each session. Each academy squad session will incorporate speed, core strength, cardio and movement training.

Players who attend the Tennis Plus Modern Tennis Academy Squads are also expected to represent the club(Glos. LTC/Taynton and Tibberton) in all team competitions as and when required. Selection for Performance Squads will be assessed on an ongoing basis.

All courses and squads will be coached by MTI (Modern Tennis International) qualified coaches using the Modern Tennis syllabus. If you have any queries about your child's Coaching/Tournament Program or would like more information on Modern Tennis please do not hesitate to contact me.

Playing Criteria.

As a guide to develop into a performance sports athlete your weekly programme (coaching/t' ment play/other sport) in hours should roughly equal your age. e.g 12 yrs old = 12hrs of tennis & fitness training.

All juniors over 12yrs should be performing additional fitness training sessions to compliment their tennis play this could be in the form of specific fitness training or participation in other sport activity. If t older juniors would like to attend a fitness/weights class held at the Riverside please contact Ioan and arrangement will be made for a consultation with Mark Toseland from the Riverside's fitness team.

Tennis Plus Modern Tennis Grading And Syllabus Guide.

MTI Level 1 Beginner

Red Grade 1(4-7yrs)



Orange Grade 1(8-9yrs)



Yellow Grade 1

MTI Level 2 Improver

→Red Grade 2(4-7yrs)



→Orange Grade 2(8-9yrs)



→Yellow Grade 2

MTI Level 3 Intermediate

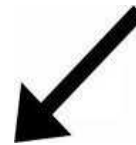
→Red Grade 3



→Orange Grade 3



→Yellow Grade 3



Advanced Level



(15yrs+)

Bronze 1 (12-14yrs)

→Bronze 2



Silver 1(15-17yrs)



→Silver 2

(18yrs+)



Gold Grade (18yrs+)



Platinum Grade (18yrs+)

Please note that we are flexible and that the ages pertaining to a specific grade are for guidance. For example, should you have a nine year old who has superior ability within your academy, MTI have no objections in your moving them to a yellow class as you the MTI coach deems fit.

The Academy Squads Are Suitable For Players Aged 3yrs+. A Syllabus Will Be Sent Out To Each Player Individually. This Syllabus Will Set Out Exactly What Needs To Be Achieved To Gain Your Grade Certificates And Medal At The Grading Day

For Anyone Aged 3yrs – 5yrs We Have Tots Tennis- For Parents and Children These Players Will Work Towards Their Red 1 Grade Please Call For Details.

TENNIS PLUS MODERN TENNIS ACADEMY
SQUAD JACKETS FOR SALE £21.99
(Only Available To Squad Players to order call loanEvans)

To Join The Tennis Plus Modern Tennis
 Academy Call **07870620488**

SQUAD TIMES

Red Squad (mini red balls)-Red Grades 1-3

Thursday **4.30pm – 5.30pm**
(At Riverside Sports and Leisure Club)

Saturday **9.30am – 10.30am**
(At Taynton and Tibberton Tennis Club)

Saturday **11.00am – 12.00pm**
(At Riverside Sports and Leisure Club)

Orange Squad (orange balls)-Or. Grades 1-3

Monday **4.45pm – 6.15pm**

Tuesday **4.45pm – 6.15pm**

Yellow Squad (yellow balls)-Yel. Grades 1-3

Wednesday **4.45pm – 6.15pm**

Friday **6.15pm – 7.45pm**

Performance Squad (yellow balls)-Advanced Grades

Friday **4.45pm – 6.15pm**

Saturday **9.00am – 10.30am**