

Wet Weather Policy

The club will be operating a 'Wet Weather Programme' from September 2014. We hope this will significantly reduce the number of cancelled sessions and allow our players to benefit from coaching regardless of the weather conditions. It will also be more convenient for parents and guardians.

The weather can change so quickly that it can often be impossible to cancel a session in time. Sometimes the weather even clears up after a session has been called off. In the event of bad weather, group sessions will be held in the clubhouse, the squash courts or the personal training area.

In the event of light rain and at the coach's discretion we will run outdoor sessions as usual. If the conditions are too difficult for the players then our coaches will have prepared a number of off-court technical, tactical, physical and psychological sessions. Examples of which are listed below.

Match analysis

The players may watch YouTube clips of past professional tennis matches and the coach will go through areas such as technique, shot selection and tactics.

History and Rules of Tennis

This may be of particular benefit to our younger players. The coach may run through a quiz or clarify certain unfamiliar rules and situations.

Goal-setting

Short and long-term goal setting is useful to all of our players. The coaches will also be able to run through the goal-setting section on the players' LTA profiles.

Physical Challenges

Coordination: e.g. throwing, rolling or bouncing a ball back and forth with a partner; skipping; ladder drills

Upper body: including press-ups and simple drills to build shoulders, arms, chest and back

Flexibility: to stretch upper and lower body

Abdominal: to strengthen the core

The sessions may differ according to the coach, age or ability of the players in the group.

There are likely to be occasions when the weather clears up halfway through a session. If this is the case then the coach will take the players out providing it is worthwhile. If the session is rained off at any point the coach will take the players in and ensure they are still engaged in a planned lesson.

Please note that there may still be cancellations from time to time depending on the amount of available space we have in the club. If this is the case then you will receive a text from reception to inform you.