

Cornwall County Tennis standards 2025/26 DRAFT Autumn 2025

INTRODUCTION

The Cornwall County tennis standards are at the core of our ambition of continuous improvement for players and teams representing Cornwall.

We aim to develop self reliant, confident players who are committed to improvement for themselves and their team.

We aim to choose our representative teams based on current performance, commitment to the sport and demonstrating a desire to play for Cornwall.

We aim to work with coaches who are committed to monthly squad training sessions and leading their team at county cup in order to support the continuous development of their players.

We aim where possible to have female coaches coach female players for their understanding and empathy with young female athletes.

All players, coaches and parents are required to make themselves familiar with and comply with the LTA Code of Conduct.

BACKGROUND

Over the past two years significant improvements have been made to county coaching arrangements, including a move to indoor sessions, termly booking, mini tennis festivals introduced, end of term report cards for mini players, parents guide published, formal selection criteria introduced, selection involves at least two people, clear rationale for selection, tennis awards evening introduced, improved notice of team selection at least four weeks in advance, payments to parents standardised and paid promptly.

Some of the things we have tried have not worked as expected or sometimes not worked at all. This is not a cause for concern as long as we learn. With the new LTA Core Contract starting in January 2026, it's a good time to take stock and move on again.

EXPECTATION OF COACHES

Tennis Cornwall seeks to work with coaches who can commit to monthly training and accompanying teams to county cup. Where possible we will seek female coaches to work with female players for their understanding and empathy with young female athletes.

We aim to develop independent, confident, self reliant players

County Training

- You have the best players in the county on court – give them something special
- Turn up on good time for each session and start and finish on time
- Take a register
- Be professional at all times, no eating or answering phones during coaching sessions
- Be clear on the purpose of the session
- Set the tone of the session early to ensure players are switched on
- Self directed muscle activation warm up – each player to be able to lead this by the time of county cup
- All players active at all times
- Age appropriate S&C integrated into each session
- Competition integrated into each session
- At the end of each session set a tennis related and an S&C related task to work on before the next session
- Select the players for the county cup team based on the published selection criteria in conjunction with a member of the selection committee by the published date
- Each player will receive a report card at the end of the season, highlighting relative strengths and areas to work on
- Support your players at the Cornwall Junior Tennis Awards
- Raise any concerns / questions at the earliest opportunity
- Present invoices for coaching promptly

County Cup

Tennis Cornwall expects coaches representing the county to:

- Wear Tennis Cornwall identifiable kit - shirt / hoodie as appropriate (provided at no cost to the coach).
- Be at the venue in good time to attend coach briefing meetings, secure warm up courts
- Supervise warm up practice before the competition starts
- Coaches to emphasise that they want all players to play their best, compete for every point and enjoy themselves
- During competition ensure that players are readied for their next matches in good time, including eating and drinking
- Debrief players in an age appropriate way after each match and win/ or lose, focus on the next match and supporting the team
- Brief parents on any key points, changes of courts, timings etc and answer any questions

- Take appropriate team photo (s) as appropriate and an individual keepsake for each player, with Cornish flag.
- Write a brief report about the event and forward to the marketing and comms lead for publication in social media/ newsletter etc.
- Remember as coaches/ adults we attend many such events, yet for our players and their parents it may be their first or only appearance for the county, please make it special for them.

EXPECTATION OF PLAYERS

The purpose of county training is to develop strong players and cohesive teams, who will enjoy their tennis and try their best. County training brings the best players in the county to train and develop together.

Turn up on time ready to play

Bring suitable clothing and refreshments

Ask questions

Support and encourage you team mates at all times

Mindset: We bring out the best in each other and win or lose together as a team

Everyone has something to contribute

If you think you are the strongest player, you are a leader, ask the coach to make the drills harder for you

When a player misses a session it weakens the whole squad and means they fall behind on what we are trying to achieve as a squad and a team.

In between sessions undertake appropriate 'Strength and Conditioning' as directed by the coach. On court aim for a mix of individual coaching, groups sessions and self directed play. Aiming for three on court sessions per week.

Monthly competition can accelerate progress and will help with assessing progress

While county cup is an understandable focus we want the development of each player to continue whether selected for county cup or not, which is the reason we run training sessions for 10 months of the year. We want everyone to fulfil their potential and stay in the game for life.

County Cup is a team competition, every point counts and your support for the team when not on court is expected.

EXPECTATION OF TENNIS CORNWALL

Recruit the players

Track and advise on progress of 10U players

Nominate 10U players for Regional training

Follow up with any players not re- signing for county training to find out why

Book the venue and provide balls and other equipment

Ensure that each coach has a minimum of one Tennis Cornwall Hoodie and One Tennis Cornwall shirt

Be available to answer any questions from coaches

Pay invoices promptly within five working days

Be open to suggestions which can improve the development of our players

We will as far as possible schedule county training to avoid relevant SW competitions

Review the selection criteria annually to ensure selection for county teams is an open and transparent process

We will announce County teams to the whole squad at the same time, so that everyone knows where they stand

Undertake an annual survey of players/ parents/ coaches to help with continuous improvement