



# The 10U & 9U National Tour 2022-23

Supported by the Winter Regional Tour



# NATIONAL TOUR 2022-2023

## 10U & 9U



Parents,

2021-2022 has seen the successful completion of the 9U & 10U National Tour circuits. As a team we have thoroughly enjoyed supporting the events and seeing the players progress throughout the year. For all those players and parents that have been involved, we thank you for your commitment in supporting your children with access to best v best competition and we are very much look forward to the 2022-2023 circuit.

The 2022-2023 National Tour will once again be supported by the Winter Regional Tour (WRT) from September 2022 to March 2023. The WRT provides an additional layer of events which are played at multiple venues across the UK, offering more local opportunities to compete. The winners of these linked events will be offered a place into the linked National Tour.

The National Tours will take place frequently throughout the year providing best v best opportunities and a high volume of matches. Our priority is to ensure that the players have the most positive and productive experience.

Whether you have been involved in last year's tour or are new to the events, the following pages provide the key information along with some helpful hints and tips for parents. An additional attachment shows the National Tour events currently scheduled for the winter season. The schedule for the Spring & Summer will be sent through at a later date. We hope this information can help you with planning the competition schedules for those players aspiring to play at this level.

The 10U National Pathway Coaches and I look forward to seeing many of you at the events over the coming months.

Best wishes,



David Kirby  
**10U National Pathway Manager**





# BENEFITS OF THE NATIONAL TOUR

## 10U AND 9U NATIONAL TOUR

**The National Tour will be supported by the 10U National Pathway Coaches:** To create a great atmosphere at the start of the events, the team will facilitate the on-court physical and tennis warm up. We want to ensure that all the players have equal court time and that they can familiarise themselves with their surroundings to settle any nerves. Individual coaches are welcome on the courts if they are accompanying the player. The warmup is not compulsory but will be the only court time available before the start of play. At 10U, as the year progresses, we will hand over the warmup responsibility to the players to ensure they start to take more ownership over their preparation.

**Best v Best:** The National Tour will bring players together providing best v best national level competition. Great opportunities for players to challenge their competitive skills against other similar minded players from throughout GB.

**Earned progression:** WRT events between September 22 & March 23 will be linked events, providing players with the opportunity to gain acceptance into the National Tour, by winning a linked event.

**Progressive:** To prepare players for the journey ahead, the format of competition will start to mirror that of the age group above.

**High volume of matches:** multiple matches will be included in the events.

**Number of days:** The number of days per event will start to align with those events of the ball colour above to help with a smoother transition. This is also more in keeping with the highest-level events at this age and stage from other tennis Nations.

**The 9&U National Tour:** They will be split into a North and South event. This helps provide more opportunities and minimise travel time. As the year progresses, we will run combined events bringing all the players together.

**Transitions:** September to December will be encouraged as a transition period with players starting to access the ball colour that they will be using the following year.

**Video Analysis:** Where possible, matches will be filmed, and footage will be made available to individual coaches.

*Where possible, do try to stay until the presentation at the end of the competition, celebrating the effort of all the players as well as congratulating any prize winners.*



# COMPETITION

## HELPFUL TIPS FOR PARENTS

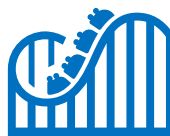
### 10U AND 9U NATIONAL TOUR

Thoughts to consider **BEFORE** the tournament:

**It's critical that all players have a positive and encouraging experience throughout competition. This positive experience is essential to ensure their desire for the sport remains strong. Here are a few helpful hints and tips to ensure a positive experience is had by all:**



Tennis is a journey, a long road that can present both opportunities and challenges along the way. Enjoyment is the key to longevity. These events are at the very beginning of the performance competition pathway – keep perspective and ensure the players enjoy the experience.



It's really important to remember that a player's performance may fluctuate throughout a match, or even from one match to the next. Allow for mistakes, recognise they are part of the journey to improvement and remain positive.



Successful tennis parents are able to recognise the stress and anxiety that the players may feel throughout the competition, and are able to maintain a supportive and understanding nature. Reactions from players at this age and stage are normal and a part of the learning journey.



# COMPETITION

## HELPFUL TIPS FOR PARENTS

### 10U AND 9U NATIONAL TOUR

Thoughts to consider **DURING** the tournament:



**Promote fair play** – respect for opponent and officials. At times, encourage the players to be sociable with other players, they are still young and this helps towards the overall tournament environment.



**Promote problem solving** – Ask your child questions. How can you get to your opponent's weakness? How can you move the opponent around the court? What worked well for you in that match?



**Promote the importance of enjoying the challenge of competition** – resilience develops character. Endorse the ethos of never giving up, no matter what the score. Every point you have 50/50 chance of winning. Professional players lose matches every week.



**Promote independence** – players trying to take responsibility that they have drinks ready, have re fuelled at the correct times, watching their match court to be ready to play. Calling the score out clearly.



# COMPETITION

## HELPFUL TIPS FOR PARENTS

### 10U AND 9U NATIONAL TOUR

Thoughts to consider **AFTER** the tournament:



The car journey home – a recent study suggested that the main reason players stopped playing tennis was based on their negative experience of the car journey home from competition. Be mindful of this interaction and seek the positives.



Players will receive a certificate at the end of the tournament, there will be some reflective questions to encourage them to think about their game and how they have used the matches to improve. We appreciate winning is important but game development is a priority.



The most important relationship is being a parent & child – no matter what has happened at the event the player will want approval from their parent. Remind them you are proud of them.



If your individual coach was not present, encourage the player to give them their feedback. This gives direction for training and will focus in on present or future goals. Tournaments are opportunities to grow as a player and person.





# COMPETITION

## HELPFUL TIPS FOR PARENTS

### 10U AND 9U NATIONAL TOUR



#### Parent online resource

The LTA Competition Parenting workshop provides parents with the knowledge and skills they need to support their child at tennis competitions. The workshop is delivered online and is free to attend, you can book online [here](#).

There is also a follow-on workshop – ‘Nurturing your child’s psychosocial skills through Tennis: Applying the 5Cs approach’. This two hour webinar provides further guidance for parents to support their experiences in tennis and explain how they can support their child using the 5Cs model (Commitment, Communication, Concentration, Control and Confidence). You can read more and book online [here](#).

Parents can also download the Mental and Emotional Skills guide which provides more expert advice around how you can help the development of your child’s mental and emotional skills. Download the guide [here](#).