

Kilkenny County & City LTC Coaching RULES

General Coaching Related House Rules.

Times and courts available for Club Coaches to Coach must be agreed in advance with the Club Administrator & Club Captain.

The coaching times and court usage must be displayed in advance each week on the club notice board and online.

Coaches must inform the Club Administrator in advance if they wish to use a court for private coaching.

In general people must agree coaching charges directly with the individual Club Coach in question.

In general coaching is heavily restricted during peak hours. Those are 18:30 to 21:00 Monday to Friday. Any variation of this must be agreed with the Club Captain & Committee.

All non-members that are coached in the club must pay the green fee in addition to any coaching charges.

Junior Coaching:

All juniors wishing to participate in group coaching are assessed and are allocated to a suitable squad that is coached by a suitable coach. Groups are put together by ability and not age.

Club Coaches coordinate this with the Club Administrator and Club Captain/Junior Coordinator. (at least twice yearly)

All non member Juniors receiving coaching in the Club must pay a green fee for each session of €2 or as decided by the club committee.

Junior coaching cannot take place after 18:00.

Club Coaches will assess each Junior in the club on a twice yearly basis.

Club Coaches will coordinate twice yearly meetings with parents for the evaluation progress report.

Age appropriate equipment must be used by the Club Coaches for different age groups and the Club Development Pathway must be followed.

Juniors that are part of both the “Tennis for Life” and “Advanced” streams must be prioritised in a similar fashion.

Coaching on Club Courts

A Maximum of 4 club courts to be in use by coaching staff at any one time.

(In certain exceptional circumstances permission of the Club Captain can be sought for one additional court)

Not more than 8 (1 court) or 12 adults/juniors (2 courts) per coach.

Coaches must sign in to book at all times and indicate when session will be over.

A Club Coaching Sign must be in position beside the Net post at all times on each court that coaching is taking place.

If a coach is not signed on for a court or courts or doesn't have his/her sign out then they can be asked to vacate the court by those wishing to play.

Coaches must ensure that they are not a nuisance to other club members who are playing on adjacent courts.

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Cardio Tennis:

The Club Runs a Cardio Tennis program which is great for getting exercise and improving movement.

The Club directly employs a club Coach to run this programme.

All payments must be made directly to the Club in advance.

The timing of the Slots for Cardio Tennis is strictly controlled by the Club and monitored by the Club Administrator.

Payment in Kind

For use of the Club facilities Club Coaches throughout the year must allocate an absolute minimum of 40 hours for the benefit and support of the club:

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| 4 hours allocation of junior squads (2x 2 per year) | 4 |
| 4 hours meeting with parents (2x2 per year) | 4 |
| 6 hours meeting junior committee (1x6 per year) | 6 |
| 6 hours attendance at matchplay | 6 |
| 4 Hours attendance at Club Open days. | 4 |
| 4 Hours attendance at New member Nights | 4 |

Coaches are also required to provide:

Running specific one-off Saturday Night tournaments (minimum 6 per year)

These will include some Coaching instruction or specific Doubles clinics such as “One on One” Doubles.

New member coaching: (Each new member will be entitled to one free group session of coaching)

Gym Sessions (fitness and stretching sessions) (minimum 2 per year)