

# HUBS:



Localised venues providing high-quality, weekly squad training

## Where are the Tennis Wales Training Hubs?

There are 4 Hubs in Wales -

Wrexham

Newport

Cardiff

Swansea



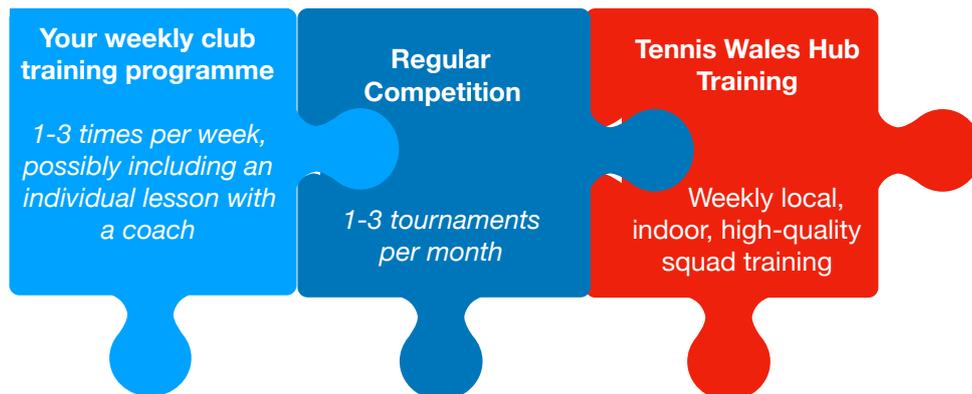
## What age groups do the training hubs cater for?

We run training squads for 8&U players (indoor mini red) and 9&U players (mini orange).

Sessions are weekly (during school term-time) and for 90mins.

**8&U**

**9&U**



## Does the Tennis Wales Training Hub squad replace a squad or group training session at my child's club?

NO - the hub training sessions are AN ADDITION to your child's weekly training programme at their club and should increase the amount of time they are training per week.

For example if your child plays twice a week at their club selection for a Tennis Wales Hub training session will now mean they train 3 times per week in total (twice at their club, once in the hub squad).

## How do the Tennis Wales Training Hubs fit in with North Wales and South Wales County Training?

County Training is monthly, bringing together players from across the county. Tennis Wales Training Hubs are more localised and provide more regular opportunities for players to develop their game.

Tennis is a highly technical and tactical sport and we know that children benefit greatly from regular access to quality training with peers of a similar level.

## **How are players selected to attend a Tennis Wales Training Hub?**

Players who have been selected for South Wales County Training will be considered for a place at one of our training hubs. Places are limited and players will be selected based on playing level and commitment to competition.

At these young ages we are always looking out for players who are keen to add to their club or centre programme with an additional indoor, high-quality training session. If you are a coach of a player who you think might benefit or a parent / guardian of an aspiring County Training player please get in touch - [becca.strelzyn@tenniswales.org.uk](mailto:becca.strelzyn@tenniswales.org.uk) - 12U Pathway Manager