

# CHESHIRE COUNTY LTA JUNIOR HANDBOOK 2023-2024



# CHESHIRE TENNIS

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# Review of 2023

For last year's handbook, I started the review of 2022 saying, "What a year it has been for Cheshire junior teams." Well, it's fair to say that 2023 has also been an extremely successful year for many of our Junior County teams and Cheshire junior players.

The outstanding performances of the year has been, without question, those of Alfie King and Oli Hague. They were both chosen for the Men's County Week squad for the first time. For junior players to be selected is an achievement in itself but what they went on to do was quite remarkable. It would not have been unusual for the boys to be given a gentle introduction to Men's County Week by playing the occasional match, however, they were selected to play together on the first day. Alfie and Oli obviously loved the challenge as not only did they win their 3 matches, but it proved to be a springboard for further success as they went on to be unbeaten throughout the 5 days winning 15 out of 15 matches! This ensured Cheshire were promoted and were the only unbeaten team. County Week has been running for well over 100 years and the boys made LTA history as two junior players have never before won 15 out of 15 matches.



It is pleasing to be able to highlight the progress being made by juniors across the different age groups with many players competing successfully against some of the best players in the country. Below are players who deserve a special mention.

Maisie Greenall (9U) finished 2nd and 4th in the last two 9U national events

Eva Proudlove (9U) - qualified for National Finals and selected for inter-regional camp

Teddy Arthur Lynch (9U) - runner up at G2 National tournament and selected for inter-regional camp

Joe Knightley (11U) - consistently good performances in G2 National tournaments which resulted in him being selected for GB. Joe reached the 11U National Championships doubles final. He has also been selected for various LTA activities, including national camps and an international tournament. Part of the 12U Cheshire team who won the National Team Championships.

Gabriel Okeke (12U) - good performances throughout the year including competing in Tennis Europe events. Also reached the quarter-finals at a G1 event and finished runner up in the National Babolat UK Cup.

Annabel Wong (14U) - despite being injured for the first half of the year Annabel "bounced back" with strong performances including reaching the quarter finals of the singles and semi-finals of the doubles at the National Championships. Annabel has also been selected to travel with the LTA to 14U Tennis Europe tournaments.

Alfie King (16U) - Alfie is only 16 years old, and he has been competing successfully in the 18U age group for over 12 months. Alfie has reached singles semi-finals at two 18U J30 ITF tournaments and was also runner up in the singles at a 18U J30 ITF event. Alfie played in the 16U National Championships and won through to both the singles and doubles semi-finals. Selected for Cheshire Men's County week team for the first time.

Our youngest teams set a high bar for the older players early in the year. The 8U Girls finished in 2nd place in their regional group and the 8U Boys went one better winning their regional group with very impressive results, losing only 2 out of 30 matches!



The 9U Boys team just missed out on qualifying for the North Finals finishing 2nd in their group to Yorkshire. However, the girls went one better defeating Yorkshire in the closest of matches and therefore won the group and went on to play in the North Final where they performed exceptionally well to finish in 2nd place.



The 10U Girls faced some tough opposition and could only finish in 3rd place, however the 10U Boys team rose to the challenge when playing Lancashire for a place in the North Final by winning a tie break shoot out. The North Final was inevitably very competitive, and the boys did well to finish in 4th position. The 11U Girls and Boys played in Regional groups and showed the strength and depth Cheshire has at this level with both teams registering 4 convincing wins and therefore finishing top of their groups. An excellent effort.

The 12U Girls also played in a Regional group winning all three of their matches convincingly 6-0, 5-1, and 4-0 and therefore finished top of their group. The 12U Boys had qualified automatically for the National Finals by virtue of the high National rankings of their players. Playing against the best counties in the UK was going to present big challenges and in their 4 team group they played Kent first and at 3-3 then suffered a frustrating loss in a tie break shoot out (12-10)! Undeterred, the boys bounced back with impressive victories against Hampshire 4-2 and Middlesex 4-2.

The other results from this group meant Cheshire finished in 1st place and therefore reached the final against the other group winners Surrey. What a final it proved to be with the match poised at 2- 2 after the singles. So, it was all down to the doubles! Both Cheshire pairs lost the first set but did exceptionally well to come back and win both matches and become **NATIONAL CHAMPIONS**. A brilliant result. Many congratulations to the team of Elijah Cuddy, James Horton, Joe Knightley, Gabriel Okeke and Henry Smith and of course not forgetting the important role played by the team coaches Andy Wilkinson and Scott McCormick.



There was mixed success in the qualifying events for the 14U teams. The Girls registered a very satisfying win against Lancashire, however, in a very tough group they drew with Yorkshire and just lost to East of Scotland and therefore finished in 3rd place. The Boys' 5-1 win against Yorkshire was one of 3 impressive victories which resulted in them topping their group and qualifying for the National Finals. Unfortunately, Cheshire's number 1 player Aran Selvaraasan was unavailable for the Finals which made a significant difference and despite the team's best efforts, they lost all of their matches. It should be said that to reach the National Finals and finish 8th in the UK is still an impressive achievement.





Both of our 18U Girls and Boys teams had produced excellent performances last year to gain promotion to Group 1 which meant they were playing against the top 3 county teams in the UK. The girls' team had changed significantly from last year and was much younger and inexperienced which, at this level, makes a big difference. Middlesex, Surrey and Yorkshire proved to be too strong. These girls will have learnt a lot from this experience and will be looking to win Group 2 next year. The boys' team had also changed significantly and they put up strong resistance but lost to Kent 5-2 and both Surrey and Middlesex 5-4.



All the results of the teams and the names of the players who represented Cheshire can be found on pages 17-19.

I am in no doubt that the success of many of our county teams shows Cheshire is fast becoming very competitive at inter county level in many of the age groups across the UK and there are more and more Cheshire players who are producing performance levels that compare well with some of the best juniors in the country.

This improvement and success does not happen by accident. When Cheshire County LTA appointed Simon Thornewill as Junior Performance Co-ordinator in 2018, there were already plans in place to develop junior tennis across the county. Simon has not only implemented those plans successfully but developed them even further and we are now seeing the results of all the outstanding work he has put in. Then there is the work put in by the team of county coaches who take county training and the county teams to Junior County Cup events. It is their hard work that has also contributed to our current successes and I'm confident this will continue.

There is still of course much to do, and I'm delighted that the County has now appointed Amanda Twigg to work alongside Simon with a particular role targeting 8U player development. Simon and Amanda will, I'm sure, make an outstanding team. Cheshire junior tennis is in great hands for the foreseeable future.

**John Hilton - Chair, Junior Performance Committee**

**Note:** There is a Junior Performance Committee made up of volunteers and County coaches. They meet regularly to monitor, plan and discuss all aspects of Cheshire junior tennis in the County. The members are:

- John Hilton (Hoole LTC)
- Richard Jones (Bramhall Lane LTC)
- Debbie McKeever (Bramhall Lane LTC)
- Liz Sweeting (Bramhall Lane LTC)
- Amanda Twigg (8U Performance Lead)
- Simon Thornewill (Junior Performance Co-ordinator)
- Jordan Young (Junior County Captain, Performance Coach)



## County Junior Performance Co-ordinator

I really enjoy getting to write my piece for the County handbook as it gives me a chance to reflect on the past year, and this year has been a great one to look back on. Cheshire finished 5th in the County Cup Race, this is the highest finish for Cheshire in the history of the competition. The County Cup Race recognises a county's performance in all County Cup events. Points will be allocated after each event, starting with the 18U event in March and will conclude with the Winter County Cup in November.



Weekly County Training continues to grow year on year, we now run weekly sessions from 7U up to 12U. Over the course of the different age groups, we see over 60 players on a weekly basis, this is something I'm incredibly proud of. We've added 7U weekly training at Birchwood Tennis Centre and 12U weekly sessions at the Wirral Indoor Tennis Centre. This gives the County more opportunities to help players grow their weekly programmes and help the players develop.

The appointment of Amanda Twigg as the 8U Performance Lead for the County allows us to zone in more on the different age groups. Amanda started her role in April and in that time, we have run two County Open Days and introduced a new 7U team challenge which was a massive success and will only grow in 2024. The 7U Boys and Girls team won the triangle match against Yorkshire and Lancashire, this is the first year we have won the competition.

We've also seen more success within the County Cup age groups. I was fortunate enough to watch both our 18U Boys and Girls teams compete in Division 1 at Bath University, which is the highest division for this age group. The new LTA County Cup system has changed the structure for 11U, 12U, and 14U age groups. We managed to qualify for National Finals in the 14U Boys and 12U Boys. The 14U Boys finished 8th in the country and the 12U Boys beat Surrey in the final to win the national title.

### New for 2024:

1. CPD course for all Coaches working in Cheshire – Early January.
2. Leaderboards for 7U – 10U age groups.
3. 10U and 9U Masters Series event in December.

Thank you.

Simon Thornewill

[Simon@Cheshirecountyлта.org.uk](mailto:Simon@Cheshirecountyлта.org.uk)

## County 8U Performance Lead

In April 2023 I started my role as 8U Performance Lead with a vision. I wanted to make the 8U scene an exciting place for players, coaches and parents. To that end, I am working with Simon Thornewill to enhance the structure for all involved. We have increased the number of county squads at both ends of the age spectrum. 11U squads now take place at Wirral Indoor Tennis Centre, and 7U squads are at Birchwood.



We have also decided to hold two County Open Days every year. This is where we invite all club coaches from across Cheshire to send their youngest and most promising players in the 5U-8U age range to attend a training session taken by County coaches. Players who do well are likely to be invited back to attend county training.

I have had the pleasure of visiting clubs and centres who are running Junior Performance Programmes. This is something I hope to do more of in the coming year. I would like to emphasise that I am here to support any clubs and coaches from across Cheshire who are keen to develop 8U players.

### New initiatives:

- WhatsApp competition support groups. There is one group for each age group. i.e. 2014, 2015, 2016, 2017 and 2018. This is part of a communication and parent education strategy. The aim is to offer competitive advice which will hopefully lead to more players competing regularly and help them improve their ranking. I will try to help educate and support parents regarding all aspects of junior competitions/tournaments. If you want to be included, feel free to message me [amanda@cheshirecountylta.org.uk](mailto:amanda@cheshirecountylta.org.uk) and I will add you to the relevant group.
- A Cheshire 8U inter club Team Challenge - a one day competition in which clubs are invited to send teams of 4 players to compete against each other.
- Leader board races for 7U, 8U, 9U, & 10U - The 7U board is live now, and information regarding the other leader boards will be advertised soon.
- An award for 8U Performance Coach of the Year - this will be presented at our wonderful annual presentation evening held towards the end of the year.

I look forward to the year ahead.

Amanda Twigg

# Annual Junior County Championships

During the last week of August, every county runs a Junior County Championships. We aim to attract players from as many clubs as possible. Players are welcome to enter up to 4 events (maximum of 2 singles and 2 doubles).

There are separate events for the youngest age groups of 8U, 9U, 10U, 11U and 12U as well as the usual 14U, 16U and 18U. The 8U and 9U events will be held on the indoor courts at Wirral Indoor Tennis Centre, Bidston. All other events are played at Hoole LTC, Mickle Trafford near Chester.



## County Championships Frequently Asked Questions

**What exactly are the Junior County Championships?**

County Closed tournaments have traditionally catered for aspiring junior players. They are open to players of all ages and abilities. The Junior County Championships marks the finale to the summer holidays and should provide enjoyment for competitors and spectators alike.

**What are the eligibility criteria?**

A player has to compete in his/her own County Championships. A player's county is defined by his/her place of birth or place of permanent residence (for at least 6 months).

## County Championships Frequently Asked Questions - Continued.

### What happens if a player loses their first singles match?

We offer all players the opportunity to play in a bonus draw to guarantee players have at least two matches.

### What is a progressive draw?

The aim of a progressive draw is to try to match players of a similar standard in the first/early round(s), therefore avoiding playing the highest rated players who are introduced into the draw later in the competition.

### Can a player just enter doubles?

Yes, doubles entries are welcome although we do like players to enter both singles and doubles events if possible.

### Is there a closing date for entries?

Yes, make sure you read the specific tournament information on the LTA's website to find out about the entry process and closing deadlines.

### Will there be prizes?

The winner(s) of each event will receive a cup (which they keep for a year) as well as a gold medal. Runners up receive a silver medal. 3rd place in the 8U, 9U and 10U events receive a bronze medal. Babolat also provide items which are given to the winners and runners up.

The winners in the 18U Boys' and Girls' Singles are offered automatic entry into the main draw of the Ladies' and Men's County Championships.

## Fair Play

Fair Play is an essential value in tennis. We are committed to ensuring that tennis is played in a fair, open and inclusive nature at all levels.

Just as relevant in a fun game with friends as it is in a Grand Slam or major tennis tournament, Fair Play includes:

- Good sportsmanship, honesty and respect whether you win or lose
- Learning to challenge yourself and improve social skills
- Taking responsibility for your actions, calling scores and lines clearly and fairly even if it costs you the point
- Learning and following the rules and being a role model to younger people
- Enjoyment of the sport

It is important for everyone to uphold Fair Play both on and off court whether it be players, parents, coaches, officials or volunteers.



## The Dick Fontes Cup

This trophy was presented to the then Junior Tennis Committee by Nancy Fontes, in memory of her late husband Dick. Both Nancy and Dick had been responsible for the formation of a Cheshire Committee solely in charge of all aspects of junior tennis.

The trophy is awarded to the junior player who, in the opinion of the Junior Performance Committee, has contributed most to Cheshire Junior tennis in the previous year.

At the time it was stressed that this was not necessarily the best player, but was open to any junior. Certain criteria were laid down amongst which were commitment to Cheshire, shown by a willingness to represent the County and to compete in the Junior County Championships. Consideration was also to be shown to participation in school and club tennis. At clubs, those who are eager to help and encourage other juniors are important factors in selection. It goes without saying that good behaviour on and off court is considered.

There have been many worthy winners of this cup and long may the tradition flourish.

### Recent Winners:

2023	–	Daniel Longshaw	2017	–	Amy Redman
2022	–	Jemma Cave	2016	–	Hannah McColgan
2021	–	Lara Wedd	2015	–	Saleem Rizvi
2020	–	Not awarded	2014	–	Adam Jones
2019	–	Rhona Cook	2013	–	Sean Sivewright
2018	–	Not awarded			

## Cheshire LTA Junior County Championships 2023

Girls Singles	Winner	Runner Up
18U	Susanna Thompson	Elena Asgill-Whalley
16U	Harriet Birkett	Ruby Roberts
14U	Mahalakshmi Ginjupalli	Guste Butkute
12U	Millie Ryder	Annapoorna Ginjupalli
11U	Lois Roberts	Laura Karmanska
10U	Laura Karmanska	Eva Proudlove
9U	Masie Greenall	Lucia Good
8U	Poppy Mucha	Eleanor Charters

## Cheshire LTA Junior County Championships 2023 - Continued.

Boys Singles	Winner	Runner Up
18U	Charlie Woods	Ron Roopesh
16U	Charlie Woods	Dominic Poulston
14U	Dominic Poulston	James Mayers
12U	Gabriel Okeke	Joseph Knightley
11U	Joseph Knightley	Sennan Ramanah-Beck
10U	Evan Xiong	Teddy Arthur Lynch
9U	Teddy Arthur Lynch	William Paramore
8U	Sebastian Windas	Benjamin Cliff

Doubles	Winners	Runners Up
Girls 18U	Ruby Roberts & Susanna Thompson	Jessica Mclean & Amy McMahon
Girls 16U	No event	No event
Girls 14U	Annapoorna & Mahalakshmi Ginjupalli	Guste Butkute & Millie Ryder
Girls 12U	Tabitha Coppock & Annapoorna Ginjupalli	Sophie Doherty & Lois Roberts
Boys 18U	Thomas Herbert & Ron Roopesh	Toby Jackson & Luka Matellini
Boys 16U	Ron Roopesh & Joseph Spencer	Regan O'Brien & Charlie Woods
Boys 14U	James Mayers & Dominic Poulston	Isaac Eyo & Sam Morley
Boys 12U	James Horton & Gabriel Okeke	Jacob Fosbury & Henry Smith

Mixed Doubles	Winners	Runners Up
Mixed 18U	Ilias Hirani Worthington & Abigail Yates	Zach Thompson & Susanna Thompson
Mixed 14U	Coeyn Cassidy & Poppy Oneill	Cole Joynson & Alisa Romashova
Mixed 12U	Yahia Nawaytou & Aurelia Unsworth	George Atherfold & Emma Sun Ying Fung
Mixed 10U	William Herbert & Teddy Arthur Lynch	Evan Xiong & Jacob Bodey

## LTA Performance Strategy 2018 – 2028

The LTA launched a new Performance Strategy for 2018 to 2028 with the vision “to make GB one of the most respected nations in the world for player development” and the aim “to create a pathway for British champions that nurtures people, teams and leaders”.

### Key Areas in the Strategy:

**National Academies:** Two full time National Academies located at the University of Stirling and Loughborough University provide full time residential training for the very highest potential junior players aged 13 to 18 years of age.

**Regional Player Development Centres (RPDC):** There are 14 RPDCs where high potential juniors aspiring for selection for a National Academy have the opportunity to receive subsidised training, coaching and support. There is one RPDC in the North West at Bolton under Sabrina Frederici. Players selected can expect high quality training and competition in a local and affordable setting.

The LTA staff involved in our region are:

National Pathway Coach – Richard Plews Responsible for National Age Group Players in the Region – 10-14years old

County Pathway Manager – David Kirby

10U National Pathway Coach for the North Region Tim Pyatt – reports to David Kirby

## LTA Rating and Age Group System

### New LTA Rating System

The LTA launched the brand-new ITF World Tennis Number (WTN) player rating system which is intended to make it easier for players of all abilities to find appropriate players to play with and against.

The ITF World Tennis Number (WTN) is designed to meet the needs of all players from a recreational level through to the performance end of the sport. It replaced the old ratings system and for the first time ever, provides ratings for doubles as well as singles. Further information about this new development may be found [here](#).

### Age Group System

Your competition age group is determined by your year of birth. Use the Age Group Calculator [here](#) to show which competitions you can enter.

### County Team Selection

The County has tried to make the selection policy as transparent as possible for players for the County Training Camps and County Cup teams.

## Selection Criteria for 8U & 9U Players

County Training Camps	County Teams
Attendance at one County Open Day	Attendance at one County Open Day
Performance at previous County training camps	Performance at County training camps
Performance in County matches	Performance in County matches
Performance at Junior County Championships	Performance at Junior County Championships
Competitive activity throughout the year	Competitive activity throughout the year

### Note

1. Players need to regularly attend County training camps in order to be considered for the County team.
2. Players can be selected for more than one age group team. I.e. an 8U player can be chosen for both the 8U and 9U team if considered good enough.
3. A long-term injury or illness will always be taken into consideration if it causes a player to miss a number of training camps or if it makes them unable to compete regularly in tournaments.

We hold 2 **County Open Day** every year for 5U – 8U players. This is an important part of Cheshire's Junior Performance Programme. All club coaches across the county are contacted with the date and encouraged to speak to the parents of their most promising young players with a view to taking them to one of these special events.

## Selection Criteria for 10U to 18U Players

County Training Camps	County Teams
Performance & attendance at previous County training camps	Performance & attendance at County training camps
Performance in County matches	Performance in County matches
Performance at Junior County Championships	Performance at Junior County Championships
Ranking	Ranking
World Tennis Number	World Tennis Number
	Competitive profile compared to peers in the 6 months prior to the Junior County Cup

### Note

1. Players may be selected for more than one age group
2. Performance at all County training camps and County matches is important. When captains select players for the Junior County Cup they will take the following into account:



- a. Head: consistently makes good decisions, finds solutions (and ways to win) and retains focus in match situations
  - b. Heart: competes well at all times in both training and competitive situations
  - c. Legs: demonstrates good levels of fitness and physical resilience
  - d. Weapons: has emerging strengths that can be developed into a game style that has the potential for success in the future
3. If a player decides not to accept a place at County training or fails to attend regularly, then it should be understood that this is likely to impact on their selection for the Junior County Cup team
  4. Captains will have the option of one discretionary "Captain's pick" which means that they can select a player for the County Cup team who may not be one of the top ranked players. The selection will still have to be justified to the Junior Performance Committee using the set criteria
  5. There is an expectation that all players who are chosen for County training intend to play in the tournaments throughout the year
  6. A long term injury or illness will always be taken into consideration if it causes a player to miss a number of training camps or if it makes them unable to compete regularly in tournaments.

## Junior County Teams

The Junior County Cup gives players the opportunity to represent their county in team competition in regional and national stages. There are separate competitions for seven age groups 18U, 14U, 12U, 11U, 10U, 9U and 8U which are held at different times of the year. **In order to compete in these events, players have to be selected by the County.**

The 44 competing counties are organised into groups according to their performance in the previous year's event. In the 12U, 11U, 10U, and 9U events, the counties are organised into groups on a regional basis with winning teams progressing to a national finals stage. The new 8U age group is solely a regional event. Team composition and match formats vary from event to event with singles matches qualifying for ratings wins and ranking points. All these team events involve doubles matches as well as singles.

Cheshire has a Junior Performance Committee (JPC) which has responsibility for all matters relating to the Junior County teams. This includes the appointment of the Captains and Vice Captains as well as deciding upon the players who are invited to take part in the various age group training programmes. The JPC is involved in the selection process when Captains nominate players for the Junior County Cup events. The JPC ratifies the players selected by the Captains.

### The Captains and Vice Captains for 2023-24 are:

18U Boys: Matthew Chadwick (Captain) & Lewis Denton (Vice)

18U Girls: Brent Parker (Captain) & Simon Thornewill (Vice)

14U Boys: Stuart Murray (Captain) & Ed Rowland (Vice)

14U Girls: Jordan Young (Captain) & Alex Day (Vice)

12U Boys: Andy Wilkinson (Captain) & Scott McCormick (Vice)

12U Girls: Alex Day (Captain) & Jordan Young (Vice)

11U Boys: Allan Morton (Captain) & Oli Jones (Vice)

11U Girls: Chris White (Captain) & Jordan Young (Vice)

10U Boys: Tony Green (Captain) & Toby Palin (Vice)  
10U Girls: Lauren Banks (Captain) & Cerys Hughes (Vice)

9U Boys: Tony Green (Captain) & Toby Palin (Vice)  
9U Girls: Lauren Banks (Captain) & Cerys Hughes (Vice)

8U Boys: Toby Palin (Captain) & Tony Green (Vice)  
8U Girls: Lauren Banks (Captain) & Cerys Hughes (Vice)

## **County Training Programme 2023-24**

All the Junior age group training camps are organised by the County Junior Performance Co-ordinator, Simon Thornewill. The most promising players across the 8U–18U age range are invited and each camp of approximately 8 players (9U–18U) and 16 players (8U) will be taken by the age group County Captain along with their Vice Captain.

We will be continuing with using a reserve list for players to ensure all squads are full for every session as this allows the County to offer more opportunities for players. The camps occur approximately every month hopefully starting in November. Most of the age groups run for 10 months of the year through to July, with the exception being the 18U group which finishes near Easter. All the camps will take place at an indoor venue across Cheshire.

The County continue to grow weekly County Training year on year. We now offer sessions for 7U on a Tuesday evening at Birchwood Tennis Centre. 8U, 9U, and 10U weekly sessions at David Lloyd Cheshire Oaks on a Friday evening. We now also offer 11U and 12U weekly camps at Wirral Indoor Tennis Centre every Friday. Over 60 players attend the County weekly programme under the guidance of County coaches and the performance coordinator. We strongly believe that county players training together on a weekly basis is so important for their development to help push each other to the next level.

There is always strong competition for places and all players who receive invitations are expected to commit to attending regularly (i.e. at least 75% of the camps). If regular attendance does not occur, then players will be withdrawn from the programme. Also, the County expect the players to compete on a regular basis. We're always trying to improve the level of the players, competing will give the players a chance to do this. Letters inviting players to be part of a county age group squad will be emailed to parents in October.

## Junior County Cup Results 2023

Age Group	Venue	Dates	Captain & Vice Captain	Team	Opponents & Results
8U Girls	Shrewsbury	Saturday 22nd April <b>Regional</b>	Cerys Hughes	Carmelita Awah Isla Mayers Poppy Mucha Nyah Welbeck Tacy Zhou	Hereford & Worcester Won 10 - 0 Shropshire Drew 5 - 5 Staffordshire Won 10 - 0 <b>Final Position: 2nd</b>
8U Boys	Shrewsbury	Saturday 22nd April <b>Regional</b>	Toby Palin	Keyaan Ali Neel Atri Ben Cliff Seb Windas Alfie Woods	Hereford & Worcester Won 9 - 1 Shropshire Won 9 - 1 Staffordshire Won 10 - 0 <b>Final Position: 1st</b>
9U Girls	Leeds	Sunday 26th March <b>Qualifying event</b>	Amanda Twigg	Gwynne Brown Antonella Netri Maisie Greenall Eva Proudlove Richie Roopesh	Nottinghamshire Won 5 - 1 Yorkshire Won 4 - 3 <b>Final Position: 1st</b> <b>Qualified for North Finals</b>
	Loughborough	20th & 21st May <b>North Final</b>	Simon Thornewill		Hereford & Worcester Won 4 - 2 West of Scotland Won 5 - 1 Cambridgeshire Lost 5 - 1 Lancashire drew 3 - 3 & won tie break shoot out <b>Final Position: 2nd</b>
9U Boys	Leeds	Sunday 26th March <b>Qualifying event</b>	Tony Green	Teddy Arthur Lynch Freddie Holladay Ayaan Majeed William Paramore	Nottinghamshire Won 4 - 2 Yorkshire Lost 5 - 1 Isle of Man Won 4 - 0 <b>Final Position: 2nd</b>
10U Boys	Widnes	Saturday 20th & Sunday 21st May	Tony Green & Chris White	Teddy Arthur Lynch Jacob Bodey William Herbert Thomas Horton Max Quick Evan Xiong	Derbyshire Won 5 - 1 North Wales Won 6 - 0 Lancashire 3 - 3 Won shoot out <b>Final Position: 1st</b> <b>Qualified for North Finals (Wirral - 10/11 June)</b> Yorkshire Lost 6 - 0 Warwickshire Drew 3 - 3 & won tie break shootout Cambridgeshire Lost 5 - 0 East of Scotland Lost 4 - 2 <b>Final Position: 4th</b>

## Junior County Cup Results 2023 - Continued.

Age Group	Venue	Dates	Captain & Vice Captain	Team	Opponents & Results
10U Girls	Loughborough	Saturday 20th & Sunday 21st May	Amanda Twigg & Owen Kirkham	Eleanor Brown Eva Proudlove Isabelle Herbert Lucy Francis Lois Fraser Laura Karmanska	Derbyshire Won 5 -1 Hereford & Worcester Lost 5 - 1 Yorkshire Lost 6 - 0 <b>Final Position: 3rd</b>
11U Boys	Hoole LTC	Saturday 17th & Sunday 18th June <b>Regional</b>	Allan Morton & Chris White	Joe Knightley Sennan Ramanah-Beck Yahia Nawaytou Matthew Owens Liam Cox Joseph McCormick	Derbyshire Won 4 -2 Hereford & Worcester Won 5 - 1 Staffordshire Won 4 - 0 North Wales Won 6 - 0 <b>Final Position: 1st</b>
11U Girls	Malvern	Saturday 17th & Sunday 18th June <b>Regional</b>	Simon Thornewill	Lois Roberts Sophie Doherty Amy Innes Emma Sum Yin Fung Oliver Harrison Aurelia Unsworth	Hereford & Worcester Won 4 - 2 Staffordshire Won 6 - 0 Shropshire Won 5 - 1 Gloucestershire Won 4 - 2 <b>Final Position: 1st</b>
12U Boys	Nottingham	Friday 29th Sept - Sunday 1st October	Andy Wilkinson & Scott McCormick	Elijah Cuddy James Horton Joe Knightley Gabriel Okeke Henry Smith	<b>Qualified for National Finals</b> Kent 3 - 3 Lost tie break shoot out Hampshire Won 4 -2 Middlesex Won 4 - 2 Won group & qualified for final v Surrey Won 4 - 2 <b>NATIONAL CHAMPIONS</b>
12U Girls	Shrewsbury	Saturday 16th & Sunday 17th September	Alex Day & Jordan Young	Millie Ryder Annapoorna Ginjupalli Lois Roberts Amy Innes Tabitha Coppock	Staffordshire Won 5 - 1 North Wales Won 6 - 0 <b>Play-off to win the group</b> Hereford & Worcester Won 4 - 0 <b>Final Position: 2nd</b>

## Junior County Cup Results 2023 - Continued.

Age Group	Venue	Dates	Captain & Vice Captain	Team	Opponents & Results
14U Boys	Lymm LTC	Saturday 29th & Sunday 30th April <b>Qualifying event</b>  <b>Finals 19th, 20th &amp; 21st May</b>	Stuart Murray & Andy Beswick  Andy Wilkinson & Chris White	Aran Selvaraasan Dominic Poulston James Mayers Elijah Cuddy Gabriel Okeke Joshua Van Dellen  <b>Finals team:</b> Dominic Poulston James Mayers Elijah Cuddy Gabriel Okeke Joshua Van Dellen	Warwickshire Won 3 - 0 West of Scotland Won 4 - 2 Yorkshire Won 5 - 1 <b>Final Position: 1st Qualified for National Finals</b>  Bucks Lost 4 - 2 Kent Lost 5 - 1 Sussex Lost 4 - 2 S Wales Lost 5 - 0 <b>Final Position: 8th</b>
14U Girls	Holcombe Brook, Bury	Saturday 29th & Sunday 30th April <b>Qualifying event</b>	Jordan Young & Alex Day	Susanna Thompson Anna Ginjupalli Mahi Ginjupalli Alisa Romashova Millie Ryder	East of Scotland Lost 4 - 2 Lancashire Won 4 - 2 Yorkshire 3- 3 (play off decider not played - inclement weather) <b>Final Position: 3rd</b>
18U Boys Group 1	Bath	Friday 3rd – Sunday 5th March	Matt Chadwick & Lewis Denton	Ollie Hague Ilias Hirani Worthington Alfie King Rafa Kiss Charlie Woods Dan Longshaw Jacob Popplewell Ron Roopesh	Kent Lost 5 - 2 Middlesex Lost 5 - 4 Surrey Lost 5 - 4 <b>Relegated to Group 2</b>
18U Girls Group 1	Bath	Friday 3rd – Sunday 5th March	Brent Parker & Simon Thornevill	Elena Asgill-Whalley Karina Kiss Jessica Mclean Amy McMahon Abi Redman Ruby Roberts Eva Senior Susanna Thompson Abigail Yates	Middlesex Lost 9 - 0 Surrey Lost 6 - 3 Yorkshire Lost 8 - 1 <b>Relegated to Group 2</b>









## National League 2023-24

The National League is a competition open to all LTA Registered venues. It aims to provide players of all ages (8U – 18U) with regular league matches, against players of a similar standard in a competitive team environment. Cheshire has 2 amazing organisers for the Winter and Summer leagues: -

League	Timescales	Organiser
National League – Winter	Entries open Aug to Sept Matches Sept to March	Michael Atherfold Point-onetennis@hotmail.com 07984 973887
National League – Summer	Entries open Dec to Feb Matches April to July	David Paterson pato@talktalk.net 07860 671774

Find out more about the National Leagues here: <https://www.lta.org.uk/compete/adult/national-league/>

## LTA Youth

Never held a racket? No problem, our specially trained LTA Youth coaches will adapt to each individual, to help bring out their best in a safe, secure environment. All kids need to bring is their enthusiasm and energy, because the programme is designed to grow as they do. Smaller courts and softer balls develop into the real deal as they pick up all the skills and know-how they need.



It will take your youngster to the next level; you'll see it in their confidence, their skills and even their concentration at school. Not to mention keeping them fit and active. Add some healthy competition to teach them about good sportsmanship (because we all have bad days) and you've got a set of skills for life.

LTA Youth has 6 stages:

- Youth Start: 4-11 years** - Introductory offer
- Blue: 4-6 years** - Learn the basics
- Red: 6-8 years** - Serve, rally and score
- Orange: 8-9 years** - Develop a rounded game
- Green: 9-10 years** - Test your skills
- Yellow: 10+ years** - Take your skills further

N.B. Although we've assigned ages to each stage these are just a guide. We'll always put players in the relevant group based on their ability.

Find out more about the LTA Youth Programme and courses in your area here:  
<https://www.lta.org.uk/play/parents-area/youth-programme/>

# Fast4 Tennis

FAST4 Tennis provides a simple, exciting way of speeding up a conventional tennis match.

The fundamentals of tennis remain the same, but there are four rules that ensure matches are fast, competitive, exciting and can be completed in a reasonable period of time.



The rules of FAST4 changed following feedback from players, parents, coaches and officials.

## The rules of FAST4 Tennis

### 1. First to four games wins

It doesn't matter how you get there, just make sure you do before your opponent does!

### 2. Tiebreaker at 3 games all

At 3 games all a tie-break is played to 7 points, 2 clear at 6-6.

### 3. Match tie-break at 1 set all

If the score reaches 1 set all, a match tie-break is played to 10 points, 2 clear at 9-9

### 4. No ad scoring

If the score reaches deuce, it's a sudden death point. The receiver chooses which side to take the serve on. This also applies in doubles with the receiving pair deciding who receives the serve. However, the pair cannot change positions. In mixed doubles the player of the same gender shall receive.

## Where can I play FAST4 Tennis?

FAST4 Tennis was introduced to the British Tennis competition structure from September 2015 with the winter county tour (Grade 4 and 5) events using this format for 10U-18U. Some other competitions across Great Britain will also use this format including the British Tour.

# Cheshire Insights

## Daniel Longshaw

I started playing tennis when I was 5 at David Lloyd Cheshire Oaks and was quickly moved onto the performance squads. I won my first Cheshire County Championship aged 8 and have since won a number of Cheshire Championship doubles and mixed doubles titles. I've represented the County at all age groups and feel it is a great pride to play for your county. The highlight was the 18U's playing in Division 1 at Bath earlier this year as both the boys and girls were in Division 1 and the atmosphere was electric. I have always played Team tennis and I feel it is important to play as part of a team as well as competing individually. This year I won the County finals of the Play Your Way to Wimbledon U18's boys doubles with my partner which meant we got to play for a week at Wimbledon in August reaching the semi-finals.



When I was 15 I took my Young Leaders course, then not long after I turned 16 I started my Level 1 Coaching course and passed earlier this year. I've since completed my Level 2 as well and am just awaiting my final mark. I coach at Hoole and Bidston for PlayPoint Sports and I also work for Cheshire LTA with the U9 and U10 boys and girls on their weekly coaching sessions. This summer I have completed my GCSE's and just started in 6th form.

Earlier this year I saw a job advertised on the LTA site for Young Person Welfare Ambassador, I thought it looked interesting and that being part of it would challenge me and also enable me to learn new skills which would help within my coaching roles. I went through a written application and an online interview and I was 1 of 25 people who were selected for the 1 year trial role. The Ambassadors' role is to provide a young person's voice and perspective to promote safeguarding welfare at the venue they are based at. The aim is to raise awareness of safeguarding and welfare issues amongst members and players, and also to gather feedback from young people, to enable them to have a greater say in safeguarding discussions. We have monthly online meetings, ad hoc project meetings and we've had two face to face sessions as a group at Nottingham Tennis Centre.

There are a number of different areas the Ambassadors, as a group, are looking at, Safeguarding Awareness Week, Safeguarding at Competitions and also a Mental Health Awareness video which is the project area that I am working on. The other things we've been looking at are feedback from venues about how the members feel about safeguarding, looking at and rewriting the safeguarding information on the LTA website and creating various visuals. We've all undergone online training in a number of safeguarding areas to enable us to have the appropriate understanding and confidence to discuss and promote these areas.

The Ambassador role is an important one and I believe that all young people should feel happy and safe whilst playing tennis both in club and during competitions. I want to work with the young people and the Welfare Ambassador to make the venues be a fun and welcoming place to be where anyone feels that they can approach me or the Welfare Ambassador with any worries or concerns. If anyone would like any more information or has anything they'd like to discuss with me please contact me via Hoole LTC and I'll get back to you.

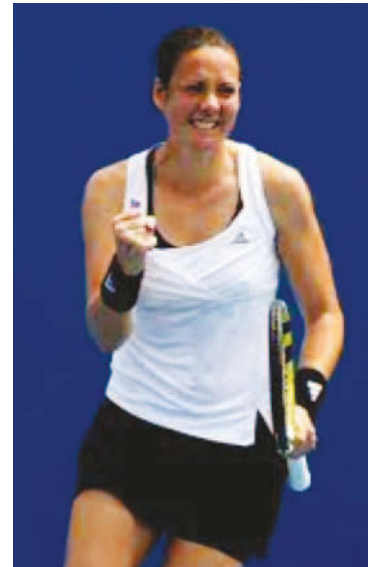
## Be A Student of the Game

Sarah Borwell, former British number one in doubles, gives us an insight into how young players can develop their careers in tennis.

Having experienced the ups and downs as a junior player, I understand how daunting it can be for both player and parent when navigating your way through junior tennis. Since retiring from the Pro Tour in 2011, I have made it my objective to support the next generation and believe it's important to offer clear, attainable goals to every British junior tennis player. We all have dreams of the Pro Tour and these shouldn't be lost due to lack of information but rather ignited by the prospect of finding a suitable pathway leading you to success.

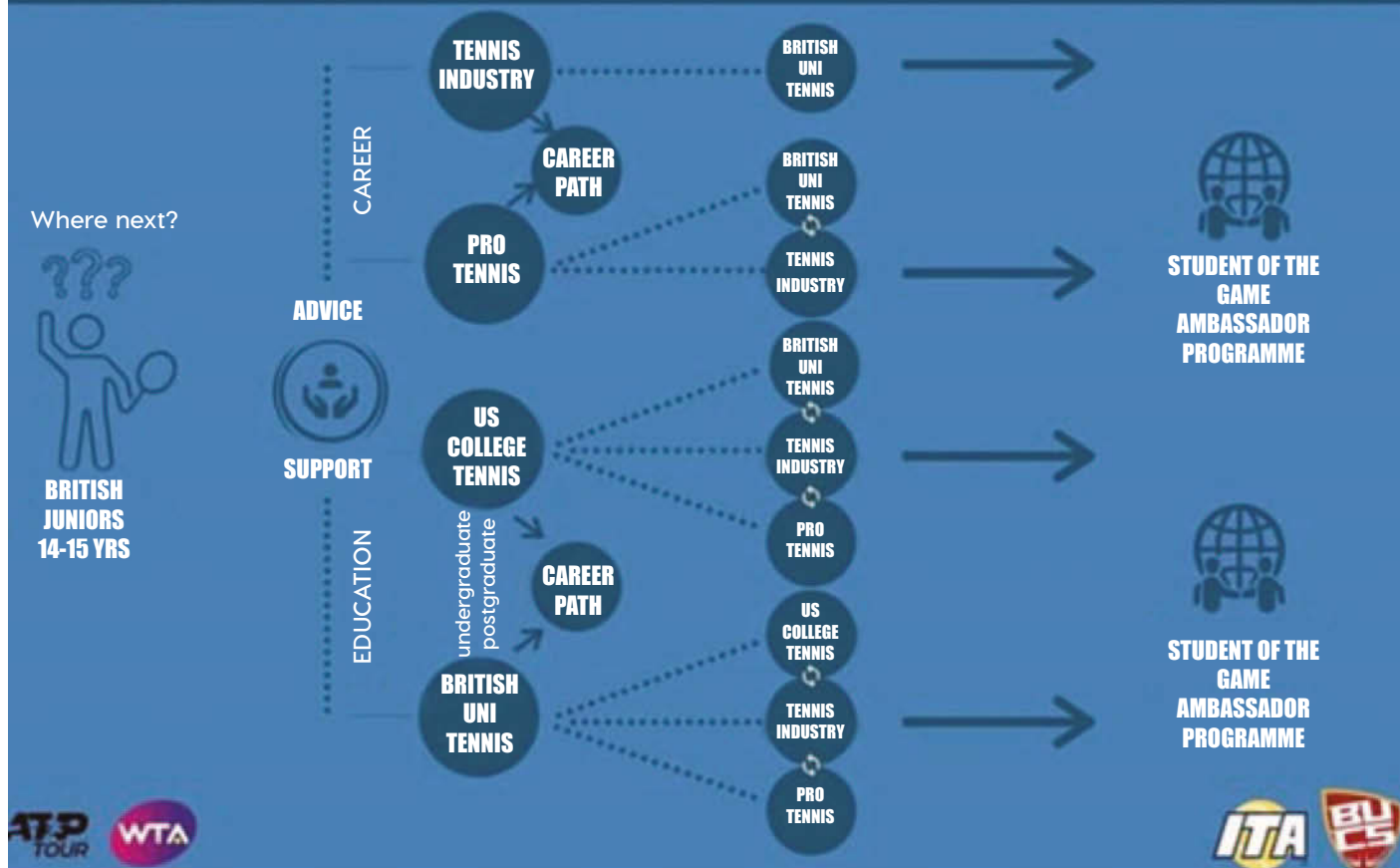
It is therefore important to be aware of the 4 pathways available to you, understand how each pathway works and what is required. I am obviously a product of an American university; it changed my life but it doesn't mean it's the right route for everyone. At this year's Wimbledon we finally saw how pathways can help. With 31 British tennis players in main draw and 17 of those coming from the University pathway, it was a great example of choosing correctly.

In order to help players and parents understand the 4 pathways we have been organizing tennis camps throughout the country. These camps discuss American and British university, how to stay in the tennis industry and what it means to go Pro at 18. The Student of the Game Camps are a great way to build your knowledge and understanding while competing in a fun environment.



# Become a student of the Game

Advising and supporting British Junior tennis players through their futures



We offer a number of different workshops run by experts in their fields which include: SAT/ACT tutoring, sports psychology, tennis specific fitness, data analysis, media training and doubles specific training. In addition, players will meet and learn from former American and British University student-athletes and coaches as well former ATP and WTA players. Each camp will include high-quality competition which will count towards players' UTR/WTN.

Tennis Smart & Student of the Game are all now part of Keystone which offers game-changing recruiting technology and as much support post-graduation with turning pro or starting your career.

Sarah Borwell  
 Director of Tennis Smart and The Student of the Game

<https://tennismart.net>  
<https://www.studentofthegame-britishtennis.com>

## **SAFEGUARDING IN CHESHIRE TENNIS**

We, in Cheshire County LTA, strive to ensure that all children, young people and adults at risk are safeguarded from abuse and have an enjoyable tennis experience.

Everyone who is involved in tennis in Cheshire has a shared responsibility to support this by promoting the welfare of all children, young people and adults at risk.

The LTA has recently partnered with Sport England to pilot a cutting-edge safeguarding awareness campaign, called Safe To Play, aimed at clubs, coaches, parents and players.

Campaign cards have been sent to our registered venues and accredited coaches and you may notice these, together with posters and banners at venues you visit in Cheshire.

The website <http://www.safetoplaytennis.co.uk/> has lots of additional information and guidance. More information on Safeguarding in Cheshire can be found on our CCLTA website: <https://clubspark.lta.org.uk/Cheshire2/Safeguarding>

The Cheshire County Safeguarding Officer is Mark Bundy  
[safeguarding@cheshirecountylta.org.uk](mailto:safeguarding@cheshirecountylta.org.uk)




## **Cheshire County LTA Contact Details**

We are always keen to hear from you, whether it's support you need or suggestions you have.

Lynne Whitford, County Administrator, is working from home from Tuesday to Thursday from 9am to 3pm. The best way to contact her is by email at [lynne@cheshirecountylta.org.uk](mailto:lynne@cheshirecountylta.org.uk) or you can leave a message on 01244 301 531.

Our website <https://clubspark.lta.org.uk/Cheshire2/News> has all the latest news and initiatives from the County and please check our social media pages for immediate updates

 @LTACHeshire

 Tennis in Cheshire

 @Cheshire.lta

If you would like to feature your team or venue or yourself across the tennis community in Cheshire, please get in touch.

 **Babolat**<sup>™</sup>

PLAY  
LEGENDARY



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