

 Nenagh LTC Tennis Club Junior Programme

Over 150 children are involved in the Nenagh Tennis Club Junior Programme, offering a diverse programme of activities with the aim of satisfying the needs of all junior members. We understand that children get involved in tennis for different reasons:

* To meet new people and make friends
* To play for fun
* To learn the game or improve their skill level
* To get fit and to remain healthy
* To participate in competition
* To play a regular game of tennis with the same partner

An overview of the programme is described below

‘ROGY’ Coaching Programme

Coaching is available from the age of 5 upwards. Players are placed in a group of 8 or less and groups are formed based on age and ability. This maximizes the child’s opportunity to progress at a pace best suited to them and allows the coach to help each player to reach their potential. Groups meet once a week for between 45mins and 1.5hours depending on ball colour. ‘ROGY’ stands for ‘Red’, ‘Orange’, ‘Green’ & ‘Yellow’. These are the colours of the 4 types of tennis ball that are used in our coaching program.

There are two 8 week terms and one 6 week term which run alongside the school terms, Sept-Nov, Jan-March, and April – May. Players must register in advance of each term; this allows us to identify spaces for new members ahead of each new term.



Our coaching programme has 4 players playing at a regional level , Oisin Fahey , Manus Heenan, Alicia White and Nathan Slattery.

ROGY EVENTS

ROGY events are held during each term for all players in the coaching programme and are held throughout the year. ROGY events are fun team events, providing opportunity for social and competitive interactive for all of our junior members.

The Tennis 10s Programme

The international Tennis Federation (ITF) strongly recommend that players aged 10 and under do not train or play competitions with a regular yellow ball on a full court.

In 2012 the ITF put in place, as part of the official rules of tennis, that all children under 10 years of age must play in the appropriate ball and using multi match and team competition formats.

Summer Activity Weeks

During the summer the club will have a number of activity weeks which will cater for all junior members. Using club facilities these weeks are at a very reasonable cost and is highly recommended for your child.

Nenagh LTC has 6 coaches in our junior programme



Anne Fitzpatrick – Director of Tennis

Frank O‘ Keeffe

Kieran Galvin

Ann Marie Darcy

Helena Darcy

Lena O Connor

For futher information please contact our Director of Tennis Anne Fitzpatrick @ 0872967498