



TENNIS JAMAICA NEWSLETTER



Report on Play Tennis Tutors Course held in Antigua and Barbuda November 20 – 25, 2009

Game, Set, Match –For Fun! For Learning! For Life!

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What's Happening!!!

The ITF hosted a Play Tennis Tutors Course in Antigua and Barbuda where coaches in the Region were invited to attend. Evan Williams represented Jamaica at this course and was commended by Anthony Jeremiah, ITF Development Officer for the English Speaking Caribbean, who was also one of the two presenters for the course.

Mr. Jeremiah has stated that 'Evan Williams has successfully completed the Play Tennis Tutors Course and with his knowledge and good presentation skills is now equipped to organise and administer Play and Stay Course in Jamaica with some feedback from the Development Officer.'

Here is a synopsis of Evan William's report:

Course presenters were Ronald Pothuizen from the Netherlands and Anthony Jeremiah from Trinidad & Tobago.

The level of coaches in attendance was of a high calibre for the most part. All were computer competent and were all able to make presentations on topics, concepts and processes to the audience.

The concept of PLAY AND STAY, SERVE RALLY AND SCORE from the first lesson was not a new concept, but rather a rebranding of the PROGRESSIVE and MINI TENNIS concepts with some new information and types of balls thrown in for good measure (Mr. Williams' opinion). The balls and court sizes are synchronized as the ball speeds are relative to the court sizes and the increasing levels of the players using this equipment. All this is linked to the physical and technical development of the starter player. While the concept has its genesis with starter kids, it is also ideal for starter adults. The program also has at its center the ITN (International Tennis Number) which is used to determine the level a player has reached and their ability to move to the next level.

This program needs to be implemented with urgency to the junior players in all the prep and primary schools. Come 2012, all Under 10 players will have to play tournaments using the new balls. It is imperative that we be quick to introduce our juniors to SERVE RALLY AND SCORE.

So as to ensure that Jamaica's coaches are up to date with this approach and are able to impart the knowledge to our youngsters according to the ITF standards, Tennis Jamaica will be hosting a PLAY AND STAY, SERVE RALLY AND SCORE Workshop in February/March 2010. Information will be published as soon as the date is finalised.

Tennis Jamaica

- Uses tennis as a successful vehicle for the education and development of young Jamaicans.
- Operates internationally acclaimed programmes for all ages.
- Has taken the game to over 70 schools across Jamaica.
- Trains physical education teachers & coaches in every parish.
- Provides racquets and balls to schools enrolled in Tennis Jamaica programmes, and to other institutions: over J\$27 million worth of equipment has been given out over the past 12 years.
- Grooms talented young players to develop all-round, to gain university scholarships, and to compete locally and on the international circuit. Has just launched a new Scholarship Programme to local tertiary institutions.
- Is now establishing 4 Regional Tennis & Learning Centres, to help expand and enrich all of its programmes.

Why Tennis?

- Tennis develops a strong sense of independence and discipline
- Tennis caters to all ages
 - o Tennis can be played by the very young as well as by the more "mature"
 - o This allows it to be a great game in allowing bonding between the ages.
 - o Parents can teach their children or the children may be the tutors.
- Tennis easily facilitates outdoor bonding between parent and child
- Future **educational opportunities** are available
 - o Many U.S. Universities offer **FULL** Tennis Scholarships
 - o Tennis Jamaica is often unable to fill this demand.
 - o Scholarships are based on Academic as well as Athletic Prowess.

Tennis is played by over 20million Americans and is the fastest growing traditional sport according to the Sporting Goods Manufacturing Association of America.

An oasis in Cross Roads

We have our headquarters in the Cross Roads area; where we operate the only public tennis courts on the Island – The Eric Bell Tennis Center – so why not come by bring your child, some of their friends and enjoy some outdoor bonding and affordable fun!

Tennis Jamaica - Creating new opportunities for our youth through tennis, come join our quiet revolution. Help us for a better Jamaica...for all of us.



TENNIS JAMAICA SCHOOLS PROGRAMME

In its thrust to revive / start tennis in schools at all levels, Tennis Jamaica since the Christmas Term of 2009 had approached some schools and has started/revived the Tennis Schools Programme in a few schools, namely Liberty Academy (Prep), St. Hugh's Preparatory and St. Hugh's High Schools and KBC Learning Centre.

In January 2010 Champion College joined the programme by including the tennis programme in their school as an option for Physical Education Class as well as after school activity. Windward Road Primary and Calabar Primary schools are to come on board soon.

Tennis Jamaica is working acidulously to get more schools involved in the Schools Programme.

If you know of a school that does not have a tennis programme and would like our assistance let us know and we will work at getting the programme started.

As a sport Tennis provides many opportunities, a primary one being the opportunity to get tennis scholarships to universities and colleges enabling juniors to further their education at the tertiary level.....helping youngsters reach dreams they never thought they could.



HOURS 6 A.M. – 4 P.M. 4 P.M. – 6 P.M. 11 A.M. – 2 P.M. 2 P.M. – 6 P.M.	ADULTS	
	MEMBERS:	NON-MEMBERS:
	\$300 / HOUR	\$400 / HOUR
	\$450 / HOUR	\$600 / HOUR
	JUNIORS	
	MEMBERS:	NON-MEMBERS:
	FREE	\$200 / HOUR
	\$200 / HOUR	\$250 / HOUR

ERIC BELL TENNIS CENTRE, 2A PICCADILLY ROAD, KINGSTON 5
CALL 929-5878 FOR BOOKINGS

Tennis Jamaica **4** FOUR COURTS AVAILABLE

**INTRODUCING.....
The 2010 National Squads!!!!**

The members of the 2010 Squads have been named from which the National Teams will be chosen to represent Jamaica at the respective games/tournaments.

The top junior players in the respective age group are selected to the Squad that befits that age category.

Junior Fed Cup Squad (16 & Under)

April 12 – 18, 2010 – El Salvador

- Shantal Blackwood
- Lauren Vranov-Brown
- Michaelann Denton
- Shelita Haughton
- Shaddae Findlay
- Phadria Kepple
- Nia Rose

Junior Davis Cup Squad (16 & Under)

April 12 – 18, 2010 – El Salvador

- Randy Phillips
- Daniel Harris
- Alex Anderson
- Nicholas Chung
- Simon Levy
- Horatio Ludford
- Andrew Bicknell
- Ryan Simms
- Adam Henriques

Fed Cup Squad (April 19)

- Tinesta Rowe
- Simone Vranov-Brown
- Shantal Blackwood
- Sicquena Sinclair
- Nia Rose
- Arielle Von Strolley

World Junior Tennis Squad (14 & Under)

March 29, 2010 - Trinidad

- Girls**
- Michaelann Denton
 - Shaddae Findlay
 - Shea-Ann Kameka
 - Nia Rose
 - Shaeda Nickle

Boys

- Andrew Bicknell
- Simon Levy
- Luke Therrien
- Jonathan Goldson

2010 Youth Olympic Games (June)

- Brandon Burke



Just because you start the point on the defensive doesn't mean you have to finish it that way

Successfully transitioning from defending your side of the court to going on the offensive is a tough task master. A player like Roger Federer makes it look simple, but for the average person the immediate change in tactics can cause errors. You need patience and guile to know the proper time to make your move.

For me, it all starts with the ability to keep the point alive when put in a defensive position. If you can force your opponent to hit one more shot, you just might get that weak one that allows you to switch gears and hit the offence button. To know when you have to get in a defensive mind set, think of the court as a map. When you're near the center mark, you're in a safe area. But when you're stretched wide in the doubles alley, that's trouble.

There are two traps that you can fall into when you're pushed away from the middle. The first is going for an outright winner. With today's powerful racquets, when players are stretched wide they have a tendency to go for what I call 'fool's luck.' Maybe one in 20 of these shots go in, so relying on them won't win you matches. The other pitfall is hitting the ball hard and flat. Unless you're extremely quick, this kind of response doesn't give you much time to recover. You'll have a lot of open court for your opponent to hit into.

The best response is to send the ball high (at least 10 feet over the net) and deep, giving yourself time to move back into the safe part of the court. Don't get caught admiring your shot. Anticipate that you've hit an effective one and immediately shuffle toward the center. You're hoping to force your opponent to move behind the baseline or try a difficult on-the-rise-shot. Either reply may lead to a ball that you can hit offensively. Realize that not every ball you hit when you're scrambling will do the trick, so you may hit several in a point before you get that potential transition ball.

To practice, start in the center of the court and have someone feed a series of five balls that force you into the doubles alley; return each with a high, deep shot. Make sure to quickly and fully recover to the center after each ball before scrambling back again to the next one. You can work on one alley and stroke at a time, or alternate sides.

To finish, have your partner throw in some short-angled balls so you're forced to move up wide. You still want to hit these shots with good height and depth so you have time to follow them to net or retreat to the center of the baseline.

Article written by Brad Gilbert - Tennis Magazine June 2005 Issue.

Brad Gilbert has coached world No.1 Andre Agassi and Andy Roddick. For more tips from Brad, visit bradgilberttennis.com



Tennis Jamaica

January 2010 Rankings

(Based on tournament results Jan - Dec 2009)

Boys

Age Category	Player	Points
18 & Under	Sheldon McIntosh	345
16 & Under	Daniel Harris	470
14 & Under	Lucas Therrien	220
12 & Under	Roger Lyn	500

Age Category	Player	Points
18 & Under	Sicquena Sinclair	455
16 & Under	Shelita Haughton	365
14 & Under	Shaddae Findlay	370
12 & Under	Olyvia Chin	365

The above ranking is based on tournaments held January – December 2009. Visit our website at www.tennisjamaica.com for more information.



DO YOU KNOW HOW TO PLAY TENNIS????!!!!!!

DO YOU KNOW OF SOMEONE WHO WANTS TO LEARN????!!!!!!

Come & Join

TENNIS JAMAICA'S SATURDAY CLASSES

at the
Eric Bell Tennis Centre

11:00am - 12:00NOON
&
12:00NOON – 1:00pm

Cost \$600 per hour

**Call 906-5700 / 929-5878
Register NOW!!!!!!!!!!**

Tennis Jamaica wishes you all the best for 2010!!!



WHAT'S HAPPENING!!!!!!

**February / March 2010
Play & Stay, Serve Rally and Score Workshop – Eric Bell Tennis Centre**

**Yoga Classes – Thursdays 7am – 8am
\$1,000 per session – Call now to register!**

**World Junior Tennis
March 29, 2010 - Trinidad**

**Junior Fed Cup & Junior Davis Cup
April 12 – 18, 2010 – El Salvador**

Fed Cup - April 19, 2010

Keep checking www.tennisjamaica.com for updated Calendar of Events!

**PICK UP A TENNIS RACKET,
PICK UP A BOOK AND**

PICK UP A... full University scholarship

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