

Bucks County Training

Bucks Tennis runs county training on a monthly basis leading up to a county cup event. The ethos of the training is to create team spirit, identity and loyalty to Bucks Tennis. Players gain the opportunity to train with their peers and have an aspirational experience with a goal of ultimately being selected to represent the county. The training is underpinned by singles and doubles (Bucks rules) tactics and the following values:

Humility

- Respect teammates, opponents, coaches and referees. We respect all opponents and play the ball.
- No ego, everyone is equal in the squad.
- Accept what the game throws at you.
- Embodying humility in the players; are they listening, learning, absorbing?

Teamwork

- Group approach - the team will always come first, and we will set a high standard together
- Leaders will be created in the squad environment
- Responsibility for each other - without one another we won't reach our targets as a team or individual
- Competing unconditionally no matter the opponent, environment, score etc
- We will raise each other's standards

Resilience

- Accept adversity
- No excuses
- Bounce forward - "I can handle it" attitude, no matter what I will put in my very best effort.
- Control the controllables.
- Head, heart, athlete!

7&U

The county runs three 1.5 hour sessions in the summer term to prepare them for the county closed and 8&U county sift day.

8&U

The county runs three 1.5 hour indoor sessions per term for three terms (starting in Autumn term) and one team preparation session before the regional inter-county competition. Training will be based at indoor venues across the county. The 8&U county training squad will consist of 16-24 players (separate sessions for both).

9&U, 10&U, 11&U, 12&U, 14&U

The county runs three 2 hour indoor sessions per term for three terms (starting in Autumn term) and two team preparation sessions before the county cup competition. Training will be based at various indoor venues across the county. The County Training squad will consist of up to 12 players (separate girls' and boys' sessions).

18&U

The county runs three 2 hour indoor sessions in the autumn term and three in the spring term in addition to two team preparation sessions before the county cup competition. Training will be based at an indoor venue across the county. The County Training squad will consist of up to 16 players over 3 or 4 courts (separate girls and boys' sessions).

All administration will be handled by the Bucks Admin Manager. Squad numbers are subject to change based on the requirements for that age group. The county coaches will operate an efficiently managed reserve list with players confirming their attendance well in advance.

County Training Selection Process

The Bucks Admin Manager sends an e-mail to all coaches in Bucks to invite them to nominate players they wish to be considered for County Training across the 8&U – 14&U age groups. These players will be invited to a county sift day which runs the Sunday after the county closed competition. Additional sift day for 8&U players is held in December and 7&U in June.

The county squads are decided by the age group coach, the Bucks County Performance Officer, Junior team Co-ordinator and Admin Manager.

8&U – 10&U

Players will be selected based on a mixture of the following factors:

- Invitation to the sift day from their club coach
- Attitude and behaviour at sift day
- Team player – treat teammates, challenges on court and coaches with respect
- Team player; players actions have a positive effect on the group

- Level of involvement within LTA pathway (National, Regional, County, LPDC and Aspirantes Programmes)
- Performance in preceding County events/other external tournaments in singles and doubles.
- Attitude towards the Bucks values (Humility, Teamwork, Resilience)
- Commitment to a regular training and competitive programme
- Investment in future game development

12&U – 18&U

Players will be selected based on a mixture of the following factors:

- Player ranking (county and national)
- Player rating
- Level of involvement within LTA performance pathway (National, Regional, County)
- Performance in preceding County events/other external tournaments in singles and doubles.
- Attitude towards the Bucks values (Humility, Teamwork, Resilience)
- Commitment to a regular training and competitive programme
- Investment in future game development.

Players selected will receive an e-mail from the Bucks Admin Manager with the Bucks county training package attached (included: dates/times for training, venue, content covered in training sessions and information about county cup competition). Players will be expected to pay for their County Training in September to cover the costs of training venues and coaches.

County Cup Team Selection

Players selected for County training 8U, 9U, 10U, 11U, 12U, 14U, 18U age groups will be in contention for the County Cup team. Further detail on the County Cup selection process can be found in the Bucks Junior County Cup Team selection document.