

# **JUNIOR CLUB Information 2021-2022**

---

[Tennis Otago](#)

[View the Top Dog Configure Ranking with updated results. See where you rank in the club and in NZ.](#)

[Tennis Calendar](#)

---

## **CLUB OPEN DAY**

Sunday 26th September 2-4pm. Come along and meet us. There will be a Junior Coaching demonstration and Social Tennis play.

---

## **FACEBOOK**

[Club Facebook](#)

---

## **FREE TENNIS**

You can play for FREE at Balmacewen Tennis Club to try out. You can play at one event like the Wednesday or Friday afternoon coaching groups between 4:00 and 6:00pm or a tournament during the season. Then you can visit the [Registration page](#) and join to have coaching for both terms.

---

## **Junior News**

The club's coaching programme starts soon. Please register. [Click here for dates and times](#)

Sarah Stevenson Club Administrator

## **2021-2022 Junior Competition Tennis**



## 2021-22 Season: Tennis Otago Tecnifibre Junior Interclub Grades

Competition	Day Played	Start Time	Location	Team Composition	Format	Competition Dates
Division 1	Saturday	9am	Stevenson Tennis Centre (Logan Park), Edgar Centre or Clubs	2-3 players	2 singles 1 doubles	30 Oct - 26 Mar
Division 2	Saturday	9am	Stevenson Tennis Centre (Logan Park,) Edgar Centre or Clubs	2-3 players	2 singles 1 doubles	30 Oct - 26 Mar
Division 3	Saturday	9am	Stevenson Tennis Centre (Logan Park), Edgar Centre or Clubs	2-3 players	2 singles 1 doubles	30 Oct - 26 Mar
Division 4 (Hot Shots Green Ball Grade)	Saturday	9am	Stevenson Tennis Centre (Logan Park), Edgar Centre or Clubs	2-3 players	2 singles 1 doubles	30 Oct - 26 Mar

Online Entry only via <https://www.sporty.co.nz/viewform/99279>



## Tecnifibre Junior Interclub Playing Dates for 2021-22 Season

### Junior Interclub (All Grades)

September	
October	30
November	6, 13, 20, 27
December	4, 11
January	29
February	12, 19, 26
March	5, 12, 26

### Notes:

1. Entries close at midnight on 20th Oct 2021. Grade entries will be finalised at a meeting to be held on Monday the 25<sup>th</sup> Oct at 5.30pm at the Stevenson Tennis Centre at Logan Park. Each club/school must appoint a delegate to attend this meeting. Delegate non-attendance may put your club/school's teams at a disadvantage.
2. Junior Interclub is being played as mini tournament (not team-based) on 13 November

**Juniors receiving coaching can soon join a club competition team to play in Term 4 2021. Just need to be able to serve, rally the ball and keep score. It is important to continue with the coaching as well. Contact Junior Club captain Dean Fraser 0212247537 email [dean.fraser@otago.ac.nz](mailto:dean.fraser@otago.ac.nz)**

Balmacewen enters Boy's and Girl's teams in the Div 1 (top junior grade), Div 2, Div 3 and Div 4 grades into the Tennis Otago Competition. [Tennis Otago Junior Team Grades](#). Teams play against other club teams from around Dunedin. Each team has a captain and there is normally 1-2 reserves for each team and the competition is on Saturday mornings from 8:45am starting Saturday 30th October (tbc)

There are also a Hot Shots and a Mixed Grades with different day and start times. See the Tennis 2021-2022 Handbook for more information. Player's can then progress onto the Senior Men's or the Women's grade after moving through the lower grades.

[Junior Interclub Guide](#)

[Junior Interclub Rules](#)

## **Junior Team Practice and Social Tennis**

This will be on a day (tba) 5:00-6:30pm before each Saturday where competition is on. Supervised by rostered on parents. Please let Sarah know if you are a parent who can help.

## **What to do now...**

If new to the club please make contact with a Club Captain. Players from last season keen to play this season need to let their Club Captain know now too.

First Junior Interclub Saturday 30th October 2021 from 8:45am (tbc). Coaching starts Wednesday 27th October 2021 (tbc). All Girls and Boys team players are encouraged to take part in the coaching on Wednesday or Friday afternoons to improve their game.

**Junior Club Captain 2021-2022: Dean Fraser 0212247537 email [dean.fraser@otago.ac.nz](mailto:dean.fraser@otago.ac.nz)**

[Click here for the latest Tennis Otago Inc Draws](#)

[Click here for the latest Tennis Otago Inc Results](#)

[Download Score Sheet](#)

(Score sheet only for recording on the day, the winning Team Captain must upload the result on Configure Ranking, contact Junior Club Captain if needing help)

---

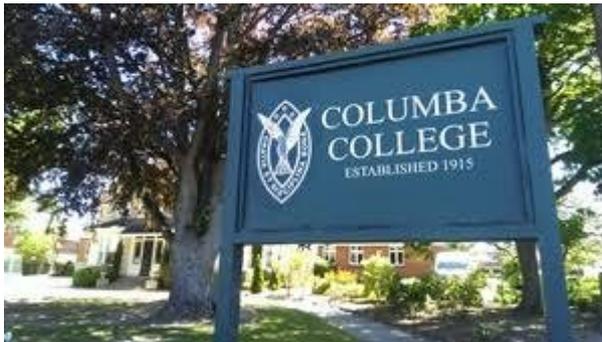
## **Tennis Otago Prize Giving April 2020 & 2021**

Congratulations to Prizegiving recipients for 2020 & 2021

Congratulations to all the winners. Balmacewen was again well represented.

[Click here for Tennis Otago Prize Giving 2019-2020 & 2020-2021](#)

[Click here for Facebook Photos from 2019](#)



---

## **Tennis NZ High Performance**

## 2. 8 PLAYER DEVELOPMENT RECOMMENDATIONS

Players, coaches and parents often ask what volumes of playing and training are required for a promising young player to break through into the top levels of junior and professional tennis. The following recommendations have been formed from data collected from successful tennis federations including Tennis Canada, Tennis Australia USTA, FFT and the LTA.

AGE	PLAYING				PRACTICING			
	# OF TOURNAMENTS PER YEAR	SINGLES MATCHES PER YEAR	DOUBLES MATCHES PER YEAR	# OF PEAKS	FITNESS HOURS PER WEEK	TENNIS TRAINING PER WEEK	OTHER MATCHES PER YEAR (Interclub/ practice matches)	TOTAL HOURS PER WEEK
5-6 years old	0			0	4 (2.5 of another sport)	1-4	15-25	5-8
Boys 7-9	7-12	21-36		0	4.5-5 (2.5-3 other sports)	4-9	25-40	8-12
Girls 7-8								
Girls 9	8-10	24-30	16-20	0	4.5-5.5 (3 other sports)	6-8 hrs (2-3 privates included)	30-40	10-15
Girls 10	10-15	30-45	20-30	0	5-6 hrs (3 of other sports)	8-10 (2-4 privates)	30-40	12-17
Girls 11	10-15	30-45	20-30	0	5.5-7 (3)	10-12 hrs (2-4)	30-40	15-18
Boys 9-10	10-15	30-45	20-30	0	5-6 hrs (3)	8-10 (2-4)	30-40	15-18
Boys 11-12	15	45-60	30	0	5.5-7 hrs (3)	10-12	48	16-18
Girls 11-12	15-20	45-60	30	0	4-5	12-14	48	16-18
Girls 13-14	15-20	45-60	30	2-3	5-8	12-14	48	18-24
Boys 13-15	15	45-60	30	2	5-8	12-14	48	20
Girls 15-16	24-28	72-84	48-56	3	6 if Tennis priority 10 if physical priority	18-22	48	28
Boys 16-18	27-30	71-90	54-60	3		18-20	48	28
Women 17-21	22-26	66-78	44-56	3		22	N/A	28
Men 19-23	27-30	54-60	54-60	6		22-24	N/A	28
Women 22+	22-26	66-78	44-56	6		22	N/A	24
Men 24+	20-25	40-50	50	6		18-20	N/A	24

[More Information](#)

## Cancellations

Interclub Matches. Check below if raining

[Tennis Otago website](#)

[Tennis Otago Facebook](#)

Club events: There will be an email and/or a Facebook post

## Club Shirts

The shirts cost \$25 each, subsidised by Visique Peter Dick Optometrists. A minimum number of orders are needed before manufacture. Orders can be placed with Andrea at [andreaking@hotmail.co.nz](mailto:andreaking@hotmail.co.nz) 0274434570

---

## Great Tennis Links

[Australian Open Championships](#)

[Wimbledon Tennis Championships](#)

[International Tennis Federation](#)

[North Harbour Tennis Association Inc.](#)

[Waikato Tennis Association Inc.](#)

[Canterbury Tennis Association Inc.](#)

[Tennis Otago Inc.](#)

[RadioTennis.com Play by Play audio of Pro tennis from around the world](#)

[Watch Live Tennis](#)

[French Open Championships](#)

[US Open Tennis Championships](#)

[New Zealand Tennis Inc.](#)

[Auckland Tennis Association Inc.](#)

[Wellington Tennis Association Inc.](#)

[Tennis Southland inc](#)

[North Otago Tennis Association Inc.](#)

[Tuscany Tennis Holiday Information](#)

---

## Club Websites

[Dunedin Tennis Southern Tennis Clubs](#)

[Balmacewen Tennis Club Inc.](#)

[Taieri Tennis Club Inc.](#)

[Elmwood Tennis Club- NW Christchurch](#)