

## 2011 TEAM TRAINING AND SELECTION SESSIONS

**OPEN TO ANY INTERESTED PLAYER** – please speak to Caroline, Rod, Liz Berryman, Alan Phillips or Richard Rogers if you are unsure which session to attend

**4 weeks only 8<sup>th</sup> March – 31<sup>st</sup> March**

<b>TUESDAY</b>	<b>7.00pm-8.30pm</b>		<b>8.30pm- 10pm</b>	
Wk1 8.3.11	Mens 5 -7	Caroline & ?	Mens 1- 4	Steve & ?
Wk2 15.3.11	Mens 1-4	Steve & ?	Mens 5-7	Caroline & Steve
Wk3 22.3.11	Mens 5 -7	Caroline & Rodney	Mens 1- 4	Steve & Rodney
Wk4 29.3.11	Mens 1-4	Steve & Caroline	Mens 5-7	Caroline & Steve
<b>THURSDAY</b>	<b>7.00pm-8.30pm</b>		<b>8.30pm - 10pm</b>	
Wk1 11.3.11	Womens 4-6	Caroline &	Womens 1-3	Steve &
Wk2 18.3.11	Womens 1-3	Steve & ?	Womens 5-6	Caroline &
Wk3 25.3.11	Womens 4-6	Caroline & Rodney	Womens 1-3	Steve & Rodney
Wk4 1.4.11	Womens 1-3	Steve & Caroline	Womens 5-6	Caroline & Steve

- Sessions will be a mix of warm-up drills and competitive play
- 2 coaches per session
- Caroline and Steve will attend at least one session with every team and each will be lead coach for 2 of the groups
- £20 for all 4 sessions if paid on 1<sup>st</sup> evening or £7 per session if paying on an ad-hoc basis
- Selection Meeting to be held after final session (probably the Monday 4<sup>th</sup> April)
- Designate Team Captains from last year to co-ordinate info on team availability for team selection and possibly pairings
- Match dates will be published shortly

## **Selection Policy**

Anyone wishing to play in a team must attend at least one session.

- Final selection will be influenced by performance in the trials but also take into account other factors:
  - technical ability of individual players as well as strength of doubles partnership
  - performance last season & match experience
  - commitment and attitude in team practice
  - potential for improvement
  - match availability
  - any current fitness issues.
- Individuals who are unable to attend trials for good reason will be considered for the same team as last season but cannot assume they will automatically remain in that team.
- If you are unable to attend any session and wish to be considered for a team please contact let Liz or Alan know.