

Tennis Ireland National Performance Development Programme 2024/2025

Tennis Ireland is delighted to announce details of the National Performance Development Programme 2024/25.

Following on from the successful first edition in 2023/24 we are pleased to offer an improved programme commencing this September. The 2024/25 programme will offer the following:

- More training weeks
- More on-court training hours
- More S & C training hours
- More international trips
- Coach support at international tournaments in Ireland
- Individualised annual plans with more detailed monitoring
- S & C programme designed by Matt Little and implemented in person by Denis Cuihat
- Exposure to international coaching experts
- Sports psychology sessions
- Nutritional advice

Details of the programme are as follows:

Start week: week beginning Mon 9th September

Duration: 46 weeks (34 weeks training, 6 international tours, 6 weeks support at Irish international events)

Coaching team: Stephen Nugent, John McGahon, Sinead Dunne, Carlos Miranda, Simon Carr, Sinead Lohan, Matt Little, Denis Cuihat and Cian Blake

Costs: €TBC (for discussion subject to selection)

Directors:

Aine Dunne
Mary Goodman
Julie Hastings
Greg Lawless

Patrick Lloyd
Caroline Murphy
Ronan Reid

Jim Rafferty
Jerry Sheehan
David Spillane

Registered Office:
Building 2, Sport HQ2,
Snugborough Road,
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Registered No:
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Incorporated in:
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Tel: 01 – 884 4010
Email: info@tennisireland.ie
Website: www.tennisireland.ie



Weekly Schedule:

Girls – Wednesdays 3.30-6.30pm
Saturdays 9am-1.30pm (12-1.30 gym)
Sundays 9am-1.30pm (12-1.30 gym)

Boys – Wednesdays 12.30-5 (3.30-5 gym)
Fridays 5.30-8.30pm
Saturdays 10.30-3 (10.30-12 gym)

FURTHER NATIONAL PERFORMANCE PROGRAMME INFORMATION:

Strength and Conditioning:

Before the start of last year's programme, the performance team identified strength and conditioning as the major area our junior players needed to improve. With that in mind we brought in world leading S & C trainer, Matt Little. Matt brings world class experience to the group having been part of Andy Murrays fitness team for the last 16 years, as well as 14 years as S & C coach for the GB Davis Cup team. We will continue to put a major focus on S & C and all players must be totally committed to this aspect of the programme as well as the on-court programme.

Important Role for Your Individual Coach:

Individual coaches play a pivotal role in your development. Tennis Ireland recognises this and has been in contact with individual coaches before details of the 2024/2025 programme have been published. We would urge that you sit down with your individual coach and decide if this programme is suited to you at this stage of your development. We are adamant that individual coaches need to be part of this process to create the most beneficial learning environment for each player. The individual coach will be involved from the outset of this programme as they will play a major role in inputting information for each players annual performance plan.

Please note that places are limited. Selection is not automatic for those players who joined the 2023/2024 National Performance Programme. Should the 2024/2025 programme not be filled, additional places will be offered to new applicants subject to suitable criteria including their national ranking.

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Selection Criteria:

1. Proven ability to be competitive at international level as evidenced by results in all tournaments.
2. International and national ranking
3. Proven commitment to progressing in the sport evidenced by time spent training and playing events - including a willingness to travel to international events.
4. Potential and commitment which may not have translated to results (wild card) .

If you would like to apply for the National Performance Programme, please do so by return email to performance@tennisireland.ie before Tuesday 20th August 2024. After this date the performance team will meet with the selected players and parents to go through the requirements and expectations of the programme, detail the costs and answer any questions that may arise.

All applicants will be notified of the result of their application or before 26th August 2024.

We would like to remind you that places are limited and subject to selection criteria.

Yours sincerely,

Cian Blake
Interim National Performance Co-ordinator

Jerry Sheehan
Performance Director

Lisa Murphy
Performance & Coaching Executive

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