

# JOINING A NGAIO CLUB TEAM

If you have completed the Ngaio Club Sunday coaching or had some previous coaching elsewhere you may wish to consider playing in a club team (known as interclub) for the upcoming season. This involves playing both doubles and single games each weekend against other clubs. This helps the players to develop their skills and have fun playing in a team. The enrolments for club teams close in mid-August. For those not familiar with club teams/interclub here are some details;

## **How old do I have to be to play in a club team/interclub?**

There is no minimum age requirement, however as a guide players are moving into interclub aged 8-9 years & in some cases depending on ability younger. Playing interclub will significantly improve their tennis skills significantly because they are putting into practice what they learn in the coaching sessions.

For those players wanting to play interclub for the first time you will play in a Novice grade if you are under the age of 12. As a guide to determine if you are ready to join a club team ideally you need to be able:

- To hit the ball over the net from mid-court area.
- Have an attempt at serving, however you are able to bounce and hit the ball on the second attempt to commence the points.
- To understand the basic rules of tennis, e.g. scoring, when to serve, when to change ends. However many players do not know these when starting out and parents are able to assist with scoring in the novice grade.

## **How many players in a team?**

There are 4 players who play each weekend, however ideally 5 players are allocated to a team and 1 player is rostered off each weekend.

## **How do you get allocated to a team?**

The Ngaio junior tennis working group will select players for each team. Our preference is to allocate players of similar ages and ability where possible and to put friends together so let us know if you have friends also playing and we will do our best to put them in the same team. We may request players to come down prior to being allocated in a team to ascertain the appropriate team for you to join.

## **When are the games?**

There are 2 rounds of interclub, Girls Novice play on Saturday mornings and Boys Novice on Sunday mornings. Girls above novice grade play on Sunday mornings also.

There are 2 rounds of competition which run for 7 weeks, the pre-Xmas starts mid-October and finishes early December (no games scheduled for Labour weekend)

The post -Xmas round runs starts at the beginning of February and finishes mid-March.

## **How long are the games?**

Generally each team is allocated 2 hours and 2 courts to complete their games. The games are held at different courts each week around the Wellington region i.e. Miramar, Island Bay, Khandallah, Karori. Our home courts are Onslow College courts.

Each player will play 1 game of singles and 1 game of doubles, in both cases, the winner is the first to 7 games.

Start times vary but generally for the novice grades around around 8.30 -9.00 start time.

## **Is there any coaching?**

Each week the team will be allocated a 45-minute coaching session. Team practices operate Monday – Thursday afternoons, (during the hours of 3.30-6pm). Team practice times are allocated based on the time slot that suits the majority of players in a team, if one member cannot make the practice due to other commitment if practical they can practice with another team. The club currently employs Evolve Tennis to run these coaching sessions and the cost is covered by the interclub fee (\$100 for the season)

Fortnightly club nights are held throughout the season on a Friday night from 4-6pm for the novice and D grade players. Teams are roster to organise the evenings which involve

fun games and the club provides sausages and hot chips free and soft drinks are made available for purchase.