

**Hutt Valley Tennis Academy**  
Mitchell Park Tennis Centre, 10 Epuni Street, Lower Hutt

November the 2<sup>nd</sup> 2015

Re: Information about the recently established Hutt Valley Tennis Academy coaching programme based at Mitchell Park.

Dear club committee members, coaches, club members, and schools,

HVTA Head Coaches Marc Paulik and Andy Wheeler want to thank you for taking the time to read what the Hutt Valley Tennis Academy currently has to offer aspiring HV juniors. Please read below a brief overview of how we perceive our place in the Hutt Valley Tennis community, as well as a brief description of our current tennis coaching programmes.

We would greatly appreciate the opportunity to establish a mutually beneficial relationship with HV coaches, clubs, schools, and tennis enthusiasts which aims to improve the standard of HV junior tennis players and grows player numbers in interclub and tournaments. Please contact us if you would like to discuss the Hutt Valley Tennis Academy, if you would like to refer any aspiring juniors to our coaching programmes, or be added to our email database to receive correspondence about coaching and other tennis playing opportunities.

We plan our programmes on a term by term basis, and generally send out enrolment info 2-3 weeks in advance of the school holidays. Students are also welcome to enrol during the term depending on the number of players in groups and coach availability.

All the best for the tennis season.

Yours Sincerely,

Marc Paulik 0274500449  
Andy Wheeler  
hvtacademy@gmail.com

## **Our intended role in the Hutt Valley Tennis community**

The Hutt Valley Tennis Academy represents an opportunity for keen and committed HV juniors to engage in high level tennis training aimed at developing the technical, tactical, physical and mental skills to succeed in competitive tennis. There are criteria in place for each training group so that we can match players from across the HV with players of compatible skill levels, as well as grouping players with comparable performance goals. Please read over the page for a brief description of our current programme and the options we can offer juniors from your club or school.

The intention of the Hutt Valley Tennis Academy is to have a significant role in conjunction with clubs, coaches, and schools in developing tennis players that compete with success in international, national and local competitions. Accordingly, we highly value the role that local tennis clubs and especially coaches, volunteers, committee members, and club members play in developing competitive tennis players. Tennis activities that HV juniors are engaged in at their local club such as coaching, practising, mentoring, hitting with club members, parents, against the wall etc. are very important to the long term chances of Hutt Valley juniors excelling, and we will encourage juniors that we coach to continue their involvement with their club. HVTA encourages HV juniors to enter HVT Junior Tournaments and to play interclub for a HV tennis club.

Outlined below are a few guidelines we adhere to in order to maintain a mutually beneficial relationship between the HVTA, fellow coaches, clubs and schools:

1. Any success that our students have will be acknowledged first and foremost as the success of the student, and then as a success shared by the Hutt Valley tennis community, and in particular their individual coach (if a coach outside of the HVTA), and the club the player represents. If we engage a junior in good training their improvement should benefit their club through good results at interclub and tournaments and lift the profile of tennis at that club, and also raise the profile of tennis in the Hutt Valley.
2. We do not have any expectations that coaches or clubs should or shouldn't refer their juniors to us. This should be a choice that each club, and coach makes in discussions with the junior that they are mentoring. There is no pressure or expectation from us.
3. If a coach refers a player to us we vow to keep intact the relationship between the player and coach and we will not attempt to influence the player to leave their current coach in favour of receiving individual coaching with us. We will deal with each player, coach, club and school on a case by case basis in terms of what works best with the junior and their overall programme e.g. there are currently students that have individual coaching at their club, and attend club coaching, and interclub, and are also involved in our coaching programme 2-3 times per week. This gives those players tennis 4-5 times per week, and the tennis they play at their club is enhanced by the coaching they receive with the Hutt Valley Tennis Academy.
4. We plan our programmes on a term by term basis, and expect our programme to be in constant transition. We are open to any ideas, and will take seriously any concerns from coaches and clubs about potential conflicts between the HVTA and that coach or club. We are planning our initiatives in a way to

support the aims of coaches and clubs, but if there are any concerns you may have please do contact us and these issues will be resolved.

## **The current Hutt Valley Tennis Academy coaching structure**

The HVTA **High Performance group** consists of 4 of the Hutt Valleys best players George Stoupe, Trent Massam, Tim Purchas, and William Brownlie who are achieving well in national and regional competitions. These players have training programmes that include 15-20 hours of tennis activity per week. Training programmes are planned to fit around their competition schedules and aimed at achieving success.

There are 11 players training in the HVTA **14s Elite** group. This is a select training group of players with High Performance Group potential, who are committed to training at least 2-4 times per week, enter into 10 or more tournaments per year, and are aiming to qualify for Tennis Central rep teams. The group attends 2 or 3 sessions with us weekly, and many of the players recently attended a tour with us to Wanganui for a tournament and intensive training period.

The HVTA Talent Identification programme consists of 4 groups, the **12s, 10s, and 8s Talent ID groups**. The Talent ID groups are aimed at finding HV juniors who have the potential to become champion tennis players. We are engaging these students in coaching, mentoring, and planning for eventual success in national and regional tournaments, and our dream vision is to be involved with developing a Grand Slam champion. The main requirement for these groups is that the player is keen and motivated and possesses a good level of hand eye co-ordination and athletic ability.

The **Foundation Coaching** programme is open to any HV kids under 10 years of age, and we envisage establishing a defined period that these students can receive coaching with is before graduating to our Talent ID groups, or being referred by us to their local club coaching programme (we will also encourage these kids to join their local club while we are coaching them). It is important to note that this is currently only a 1 time per week programme and will be a small part of our coaching programme, with the aim being for us to be able to do some of our own talent searching.

We also offer a **Tournament Group** for HV juniors older than 12 years who have not gained selection into the 14s Elite group. This coaching programme offers the opportunity for good interclub players who enter into a limited amount of tournaments to access more coaching outside of their club programme with players from across the Hutt Valley.

25 Hutt Valley juniors currently attend our **Match-Play Coaching** on Wednesdays each week. We run a term long competition recording weekly wins and losses, and award the winners and runner ups prizes, as well as awarding good performances each week. The students are given instructions on tactics, etiquette and attitude to work on during their matches, and we give feedback during the games. The Match-Play Coaching session is open to all HV juniors and offers an opportunity for mid-week organised match practise, and match specific coaching aimed at strategies to win points.

From December 22-24, and January 26 . 29 we will be running **intensive 3 hour coaching sessions**. This is a great opportunity for juniors to realise big improvements within a short time frame . attending 3 days for instance of the pre Xmas intensive coaching gives students 9 hours of coaching. There will be options at Talent ID and Foundation Coaching level, Tournament and Interclub level, and for High Performance players.

## **Introducing the Hutt Valley Tennis Academy Head Coaches**

### **Marc Paulik**

-Marc grew up in Wainuiomata and was first coached by club coach Cliff Spiers. He represented Wainui at Premier 1 level, and now plays for Thorndon in the Premier 1 competition. Marc moved back to Lower Hutt 2 years ago after coaching in Wellington for 10 years, and is now based at Mitchell Park where he and Andy set up the Hutt Valley Tennis Academy in April 2015.

-Marc's most notable recent coaching experiences include coaching NZ age group teams over the past 2 years in Australia and he will do so again this December at Melbourne Park at the Australian nationals. Marc coaches NZ's 1st and 3<sup>rd</sup> ranked U14 boys George Stoupe and William Brownlie, both Lower Hutt based juniors, who are succeeding in national and regional competitions.

- As a player Marc has won the Wellington Premier 1 player of the year award 7 times, and the Premier 1 competition 13 times. He has competed internationally in 26 countries, represented NZ at age group level, and has won a number of national titles.

### **Andy Wheeler**

-Andy grew up in England where he was a member of a regional training programme, and competed in national and Tennis Europe junior tournaments.

-Andy followed his interest in sport, completing a degree in Exercise Science which informs his current coaching methods.

-Andy has been coaching for 20 years, and has been based in Wellington for the past 10 years where he established Capital Coaching at a number of clubs. He has recently refocussed his coaching endeavours and set up the Hutt Valley Tennis Academy with Marc at Mitchell Park with the view to concentrate on talent identification and the development of high level tennis players.

-Andy's most notable recent achievements as a coach are that he was awarded NZ Club Coach of the Year, and he has coached the Tennis Central representative teams at the National Teams Event, with 2 of these teams placing first.