

*Opportunities for 10U players to compete for Wales*

# Regional Training Matches

## Development

Captains on court with the players, singles and doubles matches with the focus on learning and developing

## Experience

An opportunity to represent Wales in a team competition against regions of England and Team Scotland

### **What will the training matches look like?**

Each match may be slightly different depending on opponents, venue and timings. Some matches may be sets to 6, others may be Fast4 or timed. We know the best players are able to adapt to different situations and these matches are a chance to practice these skills. Regional team captains will work together to get the most out of the day. You will know the format before the day.

### **How much does it cost?**

The matches are subsidised by Tennis Wales but there will be a small charge to help cover the cost of running the matches.

### **Will the matches count for ratings and rankings?**

These are training matches and will not count for ratings or rankings. The focus is on the opportunity to develop and learn from competing.

### **Who will coach me at the training matches?**

Each team will have a 1-2 team captains. These will be LTA Accredited+ coaches from Wales.

### **How will players be selected for the matches?**

There are regional training matches spread across the year. Tennis Wales will select a team for each match and they will work with the opposing captain to ensure that the players can get the most out of the day.

### **How will I travel to the matches?**

For 'away' matches you will travel with Team Wales in a mini bus. We recommend that parents/guardians take the opportunity to have the day off and let the coaches take care of the players.

### **Will there be feedback from the matches?**

The team captains will get in touch with your personal coach before the event to discuss your goals and they will call your coach after to share their thoughts.