

# Girls on the Go



## Girls on The Go is expanding to The National Tennis Centre!

Welcome back to a new exciting term of tennis with the Girls on The Go programme. We hope you have had a great half term and we are looking forward to a new term in hopefully warmer weather! Last term we worked on movement to the ball and contact point on forehands and backhands. This half of the term will be focused on serves and volleys but keeping our general coordination skills and fitness at the core of all our lessons.

As the girls are progressing so well we have now set up another lesson at the National Tennis Centre which has been running for half a term. It's an amazing place to coach and learn tennis and we are delighted that we can now take girls who are ready to expand their tennis skills to the full sized court. At the LTA courts we are now working towards building the girls skills and techniques plus at some point will be able to arrange matches between other clubs.

As you already know from my previous newsletters, we are passionate about girls playing sport and enjoying it in a safe, fun environment. The expansion to the LTA site is an amazing opportunity for us all and we can continue the fun and girl power! Some of the girls have already played there after being asked to be filmed for a LTA coaching video and after a whole day filming (with only one break!) they were still smiling at the end of it!

Can we also take this opportunity to thank all the parents and school for their continued support of our program. We have received so much great feedback and its a pleasure that its received so well by everyone involved. Thank you!

We really believe in building a team spirit amongst the girls and one thing that helps is wearing our t-shirts, so can I remind players and parents to pack them every week.

Please can you ensure they have the following kit:

T-shirt, Trainers, Water, Warm/waterproofs.

Any questions, please never hesitate to contact me.

See you on court!

Laura & Lisa

