

WHAT IS JUNIOR INTERCLUB?

For many juniors and parents, there are many questions they have surrounding Junior Interclub.

Below is an outline for both the juniors and parents how the Cockle Bay Tennis Junior Interclub programme runs.

Juniors find interclub a lot of fun and it certainly develops their game. The majority of our Juniors move onto Junior Interclub after mastering the basic skills obtained through Beginner Coaching. We typically have 50-60 Juniors involved in Junior Interclub teams.

It is normal that Juniors feel some apprehension at the beginning of the season or when they are first introduced to Interclub. It is no different to starting any other sport for the first time. We do find that once they have participated, they really enjoy the experience, and are keen for more competition.

Cockle Bay Tennis approach

Cockle Bay Tennis Club enters junior teams according to the level of interest and ability shown by juniors. We try and ensure that grades entered are of a similar ability so matches are even.

Participating in Junior Interclub competition will substantially develop your tennis skills and provides an ideal environment to apply some of the skills being learnt in the coaching programme.

Cockle Bay Tennis Club encourages juniors to participate in interclub and history has shown that those that do, typically develop tennis skills significantly faster than others. We do not force juniors to play if they are not interested. If Interclub is not for them, our club day where social games of tennis are organised for the Juniors is also a great way to develop tennis skills.

What exactly is Junior Interclub?

Interclub is tennis matches between different teams from clubs with affiliation to Auckland Tennis. This does not include clubs on the North Shore. There are over 300 teams (at least 1,200 juniors) participating in Junior Interclub each year of all ages and abilities.

Each year there are 2 competitions run:

- Pre Xmas competition which runs during Term 4 of the school year
- Post Xmas competition which runs during Term 1 of the school year.

There are Beginner Grades (for those who have never played interclub before) and the Open Age Group Grades.

Beginner Grades are played on a Saturday afternoon (12.00pm)

Open Grades are played on either a Saturday or Sunday morning (8.30am)

Typically 4 players play each weekend, each playing a singles and a doubles, although up to 6 players can participate, with 2 players only having one game. At Cockle Bay Tennis Club we prefer to have 5-6 players in a team to cover players who are unavailable or injured. Should all players be available on any given day, we run a roster system where players in that team take a turn of standing down. We have found this to be the fairest way and our players are happy with this arrangement also.

Am I good enough to play Junior Interclub?

Frequently one of the coaches will suggest you think about Junior Interclub. They will not suggest this unless they think there is a suitable team and you have the ability to play at that level.

As a general rule of thumb, if they can serve the ball into the court approximately 50% of the time, and they are interested in trying Junior Interclub, they will be fine starting in a Beginners Grade competition. At this level you are allowed to serve under arm, so don't worry if your overhead serve is not quite up to standard yet.

You will find most of the other teams are at a similar level.

We are Interested - What Should We Do?

If you are interested, speak to Mike Frankle, Head Coach.

Even if the season has started, we may be able to fit them into an existing team.

To find out what is expected of you as a team member and what the club organises for you, [click here](#)

We hope that this answers many of the questions that you may have had. If there are any more questions or queries, please feel free to contact Delwyn Hayes, Junior Convenor, or Mike Frankle, Head Coach. We are happy to help.