

COACHING REPORT SOUND TENNIS SUSSEX AGM 26 APRIL 2019

It has been a busy year for coaching and we have managed to achieve 2 sessions a month for most of the past year. I would like to thank you for continuing with my services.

Once again I cannot start this report without thanking our amazing Volunteers for their outstanding contribution. The sessions could not run anywhere near as well as they do without them. All our volunteers are individuals and bring their own personality and skills to the sessions. For my sessions it is Ray, Steve, Kelvin and Tim that I see. We have also been joined by Jenny and Sasha on occasion. So a massive thank you to you all. I know you also attend other sessions too.

It is great to see improvement continuing among our players and most of you spend time and money traveling to competitions. I would like to applaud your fitness regimes away from the court and this is evident in your playing ability. I think a round of applause must go to Paul who is flying round Hove Prom parkrun and getting quicker by the week, I understand Paul is half the man he once was, so well done Paul!!

On the subject of Paul I will repeat what I say every year and that is the incredible job that Paul does organising STS, he is a breath of fresh air with his communication and organisational skills. I am also aware of the hard work done by Christine; Paul always points out how well he is supported by her. Also thank you to all the committee who play their parts too.

I was sorry to lose Keith and Eva from our sessions, however, I can fully understand Keith's reasons for not continuing with Sound Tennis and feel he has made a wise decision. We discussed at the AGM in 2017 the challenges facing STS to find more players and Paul described it well with the stats showing potential players in the area not being very many. Indeed tennis clubs and golf clubs in the county are all struggling with numbers, tennis is a hard game to play.

Last year I arranged for Ben from David Lloyd Eastbourne to cover a couple of my sessions and now I am delighted that Tim is stepping up to the mark to do some covering. I am not sure how much longer I can continue on a regular basis as I am looking for the right work opportunity away from sports coaching. Whilst I am confident that Tim can step into my shoes, I am not sure how many sessions he can commit to and maybe a continuing search for another coach who could cover Tim and myself should be considered. We did have a coach at Virgin Active lined up but it seems as though he will be too busy.

I will just say one word Sound Tennis Balls!! Please may a better ball be made available one day.

I am sorry I have not been able to attend in person this year

Jane Thomas