

## **Surrey Training Days (2/6/20 August 2016)**

A fantastic three days of training, get together and bonding were held for the Surrey County Juniors and Cadets on 2nd, 6th and 20th August at The Graham Spicer Institute. Most coaches in the Surrey area were contacted thanks to Kim Mudge and Michael Loveder for contact details. The take up of places was very good considering that the days were in the middle of the summer holidays. On day one, there were eight children, day two, eight children and day 3 nine children. Days one and two saw more or less the same children and day three saw seven different children.

The days commenced with Richard Pelc, a young Surrey Level one coach, leading the warm ups and stretches to some very modern music which helped to get the teenagers going. Different playing exercises were practised throughout the morning with the children moving between tables and practice partners every five minutes. Richard also gave most children individual 'multi-ball' sessions. Drink breaks were taken every hour and discussions were held on fuel and liquid intake and preparation for tournaments.

Practice, covering all shots was also taught through games which was great seeing the children learning but also having such great fun. They also had a period of 'accurate' serving practice, rewarded with being able to keep the sweets that they hit when serving. They all began bonding very well, getting to know each other, helping each other with the exercises and regularly getting louder with their chants of 'LET'S GO SURREY, LET'S GO' with the sound booming around the hall.

After a good break for lunch, different practice partners arrived and after half hour of integrating with the children and warming up with some simple exercises, they all joined the children in games of 'top table'.

The training showed some exceptional achievement and promise where all the children enjoyed themselves. Every Child came back for more, and eight children have requested that this kind of training be repeated on a regular basis.

At the end of session three a meeting was held with Kim Mudge, Margot Fraser and Kim Johnson along with several parents and the children to discuss the pathway forward for the children. Kim Johnson has now given them advice on the tournaments they should be entering and Kim Mudge discussed with them the 'workings' of the region.

A very successful three days was had by all.