

Why tennis and who should play ?

The reasons for playing tennis are many. Science has proven that tennis contributes to health and fitness. Based on their stage of life, they can enjoy both the physical and psychological benefits of playing

As for who should play, the answer is anyone – at any age and at any skill level. Many people call "the sport for a lifetime."

YOUNG CHILDREN

Parents, who are looking for healthy activities for their children. Tennis not only provides children with much-needed exercise, but also has been shown to help psychological skill development, improve bone growth and general fitness. These benefits are very important to stemming the problem of childhood obesity. Physical activity also strengthens the immune system of every child who plays the game.

PRE-TEENS AND TEENS

People in this age group will have tons of fun, increase their social skills and build friendships. Tennis will help pre-teens and teens increase their self-confidence and generally feel better about themselves. Also, tennis can enhance their cognitive abilities, thus helping this group improve their grades.

ADULTS (Ages 18 – 55)

Tennis is a great fitness activity and good social outlet that provides general wellness by improving the immune system. It also boosts cognitive skills and emotional well-being.

SENIORS (ages 55 – Above)

Tennis is a tremendous activity for strengthening the immune system, thus improving longevity. It also assists in the development of a healthier bone structure and the prevention of osteoporosis. Basically, tennis will improve a person's overall fitness and general wellness.

The JASE Education Programme

Introduction

This JASE TENNIS Education Program manual has been compiled with the purpose of providing information about JASE tennis, with extensive insight into the game that is being taught to the students of JASE.

This text will hopefully improve the teaching-learning process that is in place at the JASE currently and also enable the students and parents to understand the game of tennis as whole activities of JASE.

This manual will help enable the coaches to supplement the practical knowledge with the theoretical aspects of the game to the students at JASE. Hence it is believed that this will prove to be an effective teaching aid for imparting tennis education to the students of JASE.

We also take this opportunity to show our gratitude to the chairman, JGI and the Chief Executive Officer- JIRS & Chief Operating Officer- JASE for their inspiration and guidance in the compilation of information for this JASE TENNIS Education Program.

A tennis Curriculum is a vital component of a program that introduces tennis in a school setting. It recognizes and responds to the challenge of teaching large groups of students in gyms, activity rooms, and school yards. Skills learned now will enable kids to embrace an active lifestyle throughout their lives.

This Training program will run under the guidance of Mr. Enrico Piperno & Wg Cdr Arijit Ghosh (Retd.) and the respective tennis Coaches who are all qualified from the ITF, USPTR & AITA.

THE JASE TENNIS PROGRAMME IS RUN BY



Wg Cdr Ganesh Sharma (Retd)
Chief Executive Officer, JIRS



Wg Cdr Arijit Ghosh (Retd)
Chief Operating Officer, JASE
Former Ranji Player & Level-B Coach



Mr. Enrico Piperno
Tennis Consultant & Mentor
Five Visit in a year (5days each visit)

An introduction of the Coaches



Mr. ASHOK PATHAK
Chief Coach, ITF Level I & II at.
21 Year Experience
(11 Year in JIRS)



Mr. Abdesh Roy
Coach AITA Level-III
12 Year Experience
(9 Year in JIRS)



Mr. Nandan L R
Coach, USPTR (Instructor), AITA - Level-III
3 Year Experience
(1 Year in JIRS)



Mr. Avishek Guha
Coach AITA Level-III
6 Year Experience
(4 Year in JIRS)

Supported By



Mrs. Rooplatha
Assit Coach
Science Teacher

These tennis coaches assumes various roles as a technician, a tactician, social worker, psychologist, hitting partner, organizer, financial manager, medical consultant, tour manager, travel agent, friend, decision maker, disciplinarian, motivator, journalist etc. to help the player to improve their game and also develop into a good human being.

BENEFITS FROM JASE

Tennis is a popular sport played at all levels of skill and by players of all ages. It emphasizes values, such as fair play, sportsmanship and respect for fellow competitors. Tennis is not only fun to play, but it is a lifetime sport activity that is fun to practice and fun to learn.

Tennis stimulates the mind, body, and emotions and fosters cooperative and competitive skill development, In fact a number of studies indicate that tennis cuts the risk of heart disease; helps foster sociability, mental focus, teamwork, and discipline; is a great stress reducer; and burns more calories than many other popular sports.

The beauty of tennis is that it is free of limitations based on gender, physical size, and age, helping children to learn new skills each day and to keep physically and emotionally fit for life.

We at JASE believe in the motto "to promote and develop the growth of tennis in country," the All India Tennis Association (AITA) works year-round to attract more players - particularly young players - to the sport. It is our hope that you will introduce your hands at JIRS to tennis in JASE. Equally important is that you enthusiastically promote their continued interest and development in tennis subsequently through an after-school program.

They will play AITA & ITF ranking matches to know their individual tennis ranking in the country and abilities in the skills of there chosen sports. If the player is playing at high level tennis in the future, they may get 100% scholar ships in USA & other countries for their higher education and good future in tennis.

Sl.	Motive	WORK	BENEFIT
1	Tennis	Skills	Game
2	Entertainments	Recreational Games	Stress Less
3	Physical Fitness	Deferent type of movement	Healthy Mind
4	Competition	Playing Challenging Game	Presence of Mind

OUR TRAINING SESSIONS

- *Our training sessions are full of fun and excitement. The player is provided with best equipment including the tennis best rackets, Synthetic courts and high quality tennis balls.*
- *During daily training sessions the strengths and weaknesses of each player are identified and a specific training plan is developed.*
- *Specific drills are used to make training fun and exciting as well as challenging. These drills help to modify and improve specific strokes, and techniques.*
- *The drills are made interesting by setting challenging and exciting targets aimed at developing the player's competence and achieving planned goals. The drills get progressively more complex as a player improves.*
- *Drop feeding drills, and other situation specific drills are designed to improve individual players according to their individual problem.*
- *During practice sessions the coaches analyse and diagnose each student's game keeping in view their age; experience and sporting background. They study the player's game style, tactics, variations and shot selection.*
- *Feedback is also given to players on their strokes, grip of the racket and follow through during such sessions. The coach demonstrates each stroke 2 to 3 times before asking the students to practice the same.*
- *After each stroke the coaches motivate the players by telling them how they could have played the stroke and encourage them to play better. This gives the student immediate feedback and pushes them to improve their game.*

6:00 to 8:00 AM Junior & Senior	3:00 to 5:30 PM Junior & Senior
45 Minutes : Fitness 60 Minutes : Technical drills for group 15 Minutes : Cool down	15 Minutes : Running & Stretching 15 Minutes : Warm-up rally 30 Minutes : Tactical Drills 30 Minutes : Rally 20 Minutes : Rally based game 10 Minutes : Feedback & cool down.
Basic individual drills Error & correction in particular strokes	Five game situation drills. Situation based drills. Endurance tennis drills.

TECHNICAL	TACTICAL
Hitting towards the target, development of ball speed with direction.	Back-swing, Footwork, Contact point & following-through, Recovery.

MID-DAY Individual Tennis session from 11:30 to 01:00 p.m.

INDIVIDUAL TENNIS SESSION

DURING SCHOOL HOURS

MID-DAY TENNIS

INTRODUCTION:

As you know, juniors from our tennis program have been performing well in recent tournaments. This has been the result of a collective effort and administration of various individuals, contributing directly or indirectly to the program.

WHAT

WHY

WHEN

Each player has his/her own set areas that require work.

Intensive ninety minute one-on-one session with a coach once a week

Ninety minute after juice break
11:30 a.m. to 1:00 p.m.
Followed by lunch.

BENEFITS

One on one
Technique
consolidation

Stroke
development

Mental strength
conditioning

CHALLENGES

Missing Class

We can help to copy notes from class mates and the subject teacher.

Fatigue

After lunch they can take rest and attend evening sports at 3.30pm.

2015-2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
V PRANEETH	ARYAN K J	PRANAV S S	ABU SAFDAR	GAURAV	SURBHI P
3970 8 A	4592 8 A	4693 8 A	4714 8 A	4771 8 A	4520 7 A
LOKRANJAN	AARAV	ARNAV JAIN	YASH K	UTKARSH T	NISHANT
4652 5 A	4986 5 A	4901 5 A	4564 8 B	4747 8 B	4751 8 B
SHIVANG C	DEEPESH	AKSHAT K	HIMANSHU	SHREESMRAN	
4997 8 B	4724 8 C	4748 8 C	4879 8 (IG)	4720 8 (IG)	

Students will not be allotted more than one individual session per week.

Tournaments Organised at JIRS

AITA NATIONAL SERIES

Boys & Girls Under 14

17 Oct to 23 Oct 2015



Tournament conducted at
JIRS from 2010 onwards.

Two (02) ITF Asian Series
Under 14 Boys & Girls
Four (04) AITA Championship Series
Under 12, 14, 16, 18 Boys & Girls
Four (04) AITA Talent Series
Under 12, 14, 16, 18 Boys & Girls
Once a Year JASE CUP
Junior & Senior Boys & Girls

TENNIS VOICE

YASHKHEMKA, CLASS-8

Extra curricular activities can be sometime lost. On one hand your parents expect you to do well in studies, on the other hand your sports coach will encourage you to do well in sports. Sports activities are those where you never get bored. But, when it's time for studies you fall asleep in a minute. So, I just wanted to say that one should be good at both. Extra curricular activities cannot be overemphasized, academics comes first. Our responsibility is to first raise our marks so that we can continue with sports. If you can do this you will reach your goal without much trouble.



ARYANJAIN, CLASS-8

People say that people who play sports cannot study. And so that is the reason that out of our country's population only thirty to ten percent play sports. But according to me people who play sports are more confident, intelligent and hardworking as they get freshened up by playing sports. I'm an average student who gets seventy to eighty percent. There are others who score lesser and people say it's because of sports. This is not true. It's because of lack of concentration & effort. It's a simple logic, if you concentrate and study hard and balance the two, you can be good at both. If not you cannot achieve in either. According to me, if you start something you like, don't stop until you succeed in it. Keep fighting it like it's your rival and one day it becomes your best friend. Never seek to follow success let success follow you. Sports is the only subject that makes both physically and mentally fit.



ANIRUDH PARAKKURNATH, CLASS-11 (Science)

Everyone says being in science you should quit sports, but I don't think so. I love playing tennis. When I play tennis all the stress that's built up, goes away. I feel very peaceful. Being a science student there is a lot of academic pressure on me. So I need a break once in a while. So all I do is manage time to balance sports and academics. On an average, every science student, wastes about three hours talking, watching TV, etc. All I do is use this time for sports. Sports has taught me which normal school has not taught me. I have learned to manage time better. I feel I can focus more during classes because of sports. Even after intense training in the morning, I don't feel tired to go to class. It's a general misconception that sports tires you out but I don't think so. It makes you more alert and your brain is more 'switch on' because of the endorphins are released by physical activity.



TENNIS VOICE

*"Tennis has taught me to take chances,
to take life as it comes.*

*To hit every ball that
comes to me no matter
how hard it looks,
to give my best shot.*

-Thisuri Wamiarachchi



Mrs Rooplatha
Science Teacher
Assist. Coach

Tennis is obviously a great physical workout. Tennis has been called the sport for a lifetime. Tennis is one of the best sports to play for life due to its emotional and physical health benefits, combining strength, endurance, agility and quickness. In addition to the physical demands, tennis players also exercise their brains too.

Since it's a game of strategy, it can improve brain function and may be even guard against the onset of adjusters / Alzheimer's disease and eventually tennis can create a better overall sense of general well being. Playing tennis can have various benefits for students.

1) They learn to improvise, self discipline lands itself well to academic focus, so that it helps banish procrastination.

2) They learn time management skills when they start concentrating on the ball eventually, they improve their focus in studies when it comes to learning and it has been proved with some of our students like Praneeth and Aryan Jain of class 8.

Playing tennis regularly improves your central and your peripheral vision. Add tennis is an action sport it has improved our students neuro-muscular between eyes, brain and reflexes, so that eventually as a tennis coach I can see our students go straight from input to outcome in the academics.

It's my own experience that by playing tennis, I have improved tremendously in academics and it was of great help for me to reduce my stress during studies and to focus on academic subjects, metabolic functions and to strengthen muscle tone, all of which eventually help tp improve our concentration in studies.

SHIVANG CHAND, CLASS-8

Maximum number of students and even parents say that if children are in JASE they can't focus on academics. This is said to come as a result of playing only one extra hour in the morning and evening. But being in JASE does not affect academics. the sessions are scheduled in such a way that we do not miss classes. While the JASE students have their breakfast and take their showers, the JIRS students join the assembly. Both JIRS and JASE start and end classes together. The majority of toppers and 'Scholar' badge holders are from JASE. I am from JASE too. My academics are in no way disturbed by JASE.

