

## **Monique**

Monique started playing tennis at the Westway 7 years ago. Westway is an accredited LTA Performance Centre and their programme follows the LTA Mini Tennis structure and beyond. The program provides a structure and pathway for players to develop and maximise their potential at all levels. It thus gives a competitive and structured environment with a consistent group of dedicated players working through progressive drills, points and tactical play. Each of their weekly sessions covers a tactical theme with individual technical teaching points. Children have to participate in tournament play, achieve a relevant national rating and ranking. These squads are for the players who believe that "Tennis is my No.1 sport!"

Monique is involved in the developmental performance pathway of the tennis program and accesses the academy program in order to receive an individual lesson at a discounted rate. The Westway program supports them in their journey through funding, discounted rates, coaching and equipment so that she has the opportunity to be the best tennis player that she can be. She is playing at a serious level in tournaments and got to the final playing for Middlesex in the County Championships. The Trust makes a significant contribution to the financial cost of the program being run for Monique.

"Tennis will provide them with opportunities in life that they potentially would not have had if they did not have a Tennis programme to access."

Oren Holtman, performance coach