



# Teddy Tennis Parent's Guide

**“Teddy Tennis is a new fun way to encourage young children to get active and to learn to play tennis.”**

## Introducing Head Ted

Hello, my name is Head Ted and I am the head coach at the Teddy Tennis Academy. I thought it would be best just to tell you a few things about how I run things at the Academy so you know what to expect.

Teddy Tennis is a fantastic new way to learn to play tennis. It works by combining music, pictures and teddy bear characters into a learning adventure that children love. My job is not only to ensure the Cub Cadets learn how to play tennis but they have FUN.



Teddy Tennis will develop each Cub Cadet's athletic capabilities, improve their co-ordination, grow their confidence, enhance their communication skills and encourage them to come back for more .....FUN!

## Tennis Racquets

We have found that it surprises parents that rackets are only used in some of the Teddy Tennis activities and games. This is because Teddy Tennis is about developing an all round athletic capability with a focus on tennis. It is not just about teaching children how to use a tennis racket!



## Teddy Tennis Lessons



**Movement Skills**



**Ball Skills**



**Racket Skills**

Teddy Tennis lessons have been carefully designed so as to develop a combination of Movement, Ball and Racket Skills. The key components of the program are music and pictures; the music provides the rhythm and timing for the different Teddy Tennis games and exercises, the pictures are used to show the children how to play - the combination works brilliantly.

## Teddy Tennis Equipment

Head Ted will provide all the equipment necessary to play Teddy Tennis but we would recommend that you purchase a racket for practice at home. We supply custom designed, lightweight rackets which are perfect for budding Cub Cadets. To find out more about Teddy Tennis equipment either speak to Head Ted or visit our website.



## Teddy Tennis Academy - Cub Cadet Rules

**Every Cub Cadet must:-**

- 1. Always listen to Head Ted.**
- 2. Always try to do their best.**
- 3. Bring a full water bottle to Teddy Tennis Training.**
- 4. Must turn up to Teddy Tennis Training on time.**





## Teddy Tennis Teams

### For 3½ to 4½ Year Olds



Danny Bear Team

Beginners



Boris Bear Team

Improvers



Tim Bear Team

Intermediates

### For 4½ to 5½ Year Olds



Charlie Bear Team

Beginners



Amanda Panda Team

Improvers



Johnny Bear Team

Intermediates

There are 6 Teddy Tennis teams at the Academy and Cub Cadets will join the team that matches their age, experience and ability. During the course of their Teddy Tennis training, Cub Cadets will progress through different teams.

In the beginning, we will help you choose the right Teddy Tennis team for your Cub Cadet and just to make doubly sure we have things right, Head Ted will do an assessment during the first lesson so as to ensure everyone is where they should be.

## Teddy Tennis Tunes and DVDs

All the music that is used in Teddy Tennis lessons is available to purchase through our shop or via iTunes.



There is also a great animated Teddy Tennis DVD entitled "Let's Play Teddy Tennis" featuring the bears at the Academy performing 12 of the games and exercises that are used in Teddy Tennis Lessons.

Having the copies of the DVD and the Teddy Tennis Tunes allows every Cub Cadet to practice at home and be better prepared for future Teddy Tennis lessons!

## Food and Drink



Most Teddy Tennis lessons incorporate a short break and Head Ted would strongly recommend that every Cub Cadet comes along to a lesson with some water and a banana or apple. Head Ted does not like to see fizzy drinks, crisps or chocolate!

## Teddy Tennis Clothing

Cub Cadets need to be dressed in suitable 'sports' clothing including training/sports shoes. If it is likely to be cold a fleece or sweatshirt will be needed. We would encourage parents to purchase the various Teddy Tennis t-shirts and sweat shirts that are available as the Cub Cadets look very smart in the Teddy Tennis Academy uniform. Speak to Head Ted or check out the web site for details.



## A Warm Welcome

All new Cub Cadets will receive a very warm welcome from everyone at the Teddy Tennis Academy; and Head Ted is confident that maybe one day, Teddy Tennis will produce a future Wimbledon Champion!



## About Teddy Tennis

Teddy Tennis is a new fun way to encourage young children to get active and to learn to play tennis. It works by combining music, pictures and teddy bear stories into a learning adventure that young children love.

Teddy Tennis the company is headquartered in the United Kingdom and has franchise operations in the USA, Australia, the Netherlands, Spain, Slovenia as well as England and Scotland.