



HELEN PARISH

TENNIS PROFESSIONAL

CONTACT

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PROFILE

I am a former WTA ranked tennis player, now LTA Accredited+ Level 4 coach. I've recently enjoyed a year working with some of Great Britain's top young players as a Junior Performance Coach at Batchwood Tennis Academy alongside some of the country's most qualified & experienced coaches.

Aside from my playing level, I bring energy, enthusiasm and a genuine passion for tennis to the coaching court. I aim to create a positive and dynamic on-court environment in which players of all ages and abilities can thrive. My approach to coaching is very much player-centered and I pride myself on going the extra mile to help each and every player I work with to achieve their goals.

COACHING EXPERIENCE

BATCHWOOD TENNIS ACADEMY, ST ALBANS

JUNIOR PERFORMANCE COACH | JAN 2017 - JAN 2018

- Joint Lead Coach on the 'Pathway to Tarbes' scheme, identifying and developing talented players from Mini Red through to Under 12.
- Coach on High Performance Centre squads, working with players competing from county to junior international level.
- Experience in coaching all ages and abilities catered for on both the Performance Academy and Community programmes.
- Provider of one-to-one lessons for Academy players.
- Lead coach at St Albans High School for Girls (Years 8, 9 & 10).

DAVID LLOYD CLUB, CHIGWELL

LEAD GROUP COACH | OCT 2016 - JAN 2017

- Lead Mini Red, Mini Green and Yellow group coach, planning and delivering tennis lessons to children and adults to meet a range of objectives.
- Supervisor of assistant coaches, ensuring safe and good quality coaching for all players.

SELF EMPLOYED HITTING PARTNER

JAN 2007 - PRESENT

- Paid hitting partner for a wide variety of players, from adult beginners to junior international competitors.
- Sessions delivered at a variety of venues, including clubs, leisure centres, parks and hotels.

PLAYING EXPERIENCE

- Former WTA ranked tennis player in both singles and doubles.
- Ranked Top 20 in Great Britain and #1 in Essex as recently as 2016.
- ITF Pro Circuit (\$10,000) finalist.
- Numerous wins over ranked players, up to 350 WTA.
- Winner of six National-level (British Tour) titles and finalist in a further five.
- Competed alongside 3 future WTA World #1s in Pro Circuit events.
- Invited to compete in The Championships, Wimbledon 2015 - Wild Card Play-Offs.
- Represented Essex at every age group; current playing member of Essex Ladies Summer & Winter County Cup teams (Division 1, 2018).
- Current LTA rating of 1.2.

COURSES/QUALIFICATIONS/ACCREDITATIONS

- LTA Level 3 Coach (2017)
- LTA Level 4 Senior Coach (2017)
- Accredited+ Coach - First Aid and Safeguarding trained.
- LTA National Conference (2017)
- Aceify Seminar with Peter McCraw (2017)
- Essex Ladies Team Selector/Vice Captain (2013 - present)
- She Rallies Female Coach Conference (2017)
- 'How to attract, keep and coach Women & Girls in your Programme' Workshop (2017)
- Cardio Tennis (2017)
- GFC Serve Development (2017)

