

The Henry's Children

Steve Alger trained Rashard and Aliya Henry at the National Tennis Training Centre at Roehampton on a weekly basis. Steve is a freelance high performance coach and was until recently one of the senior coaches at the All England Lawn Tennis Club. He still plays at the highest level and recently won a veterans tournament at Wimbledon. He particularly focused on the philosophy of winning with Rashard and Aliya. This covered everything from pre-match preparation through to mental attitude, confidence and the necessary technical skills. The children now have a greater breadth of skills which has been built upon their raw talent. Steve has worked on their understanding of the zones of the court, when you attack and when you defend, volleys, the short game, spinning techniques, back swings and the subtlety of hitting the ball. Steve observed the considerable improvement that both children have made with less unforced errors and more consistent technique.

Rashard Henry

"I like my sessions with Steve because every week I learn something new. I have learnt to be a pragmatic player. This year I have progressed so much. I am so grateful to Steve and The All Star Tennis Trust at Wandsworth. Thank you." Rashard Henry

Aliya Henry

"I would just like to say thank you so much for supporting me over the last year. I have come a long way in so little time. The one-to-one sessions with Steve have helped me lots! I really look forward to my sessions with Steve because he is patient, nice and a great person to be around. Steve has taught me to be a pragmatic tennis player. His coaching has really helped me to improve, especially my backhand. I know that Steve will help me to become a champion one day." Aliya Henry

"We are so grateful for the opportunity provided for our children by the Wandsworth All Star Tennis Trust. There is no doubt that without this support we would not have been able to provide our children with this experience, for this opportunity we are eternally grateful. The one-to-one sessions that Aliya and Rashard receive from Steve are invaluable. His approach and coaching style naturally and instinctively developed through his ongoing years of playing experience has provided an in depth knowledge and understanding not only to the children, but to our whole family in terms of the level of commitment and dedication required to reach the highest level. Steve has provided a holistic approach to the tennis, both on and off the court; from the basics of preparing equipment and tennis bags to the very technical details of preparing the perfect backhand. This level of coaching will undoubtedly provide a solid foundation for Aliya and Rashard to continue to grow in their tennis development, eventually achieving their ultimate goal! As a family we really look forward to continuing this journey. Thank you for your generosity and continued support. Forever thankful." Parents of the Henrys children