Supporting Student Tennis

GUIDE TO UNIVERSITY TENNIS 2014

An overview of all the resources and support available to universities
Tennis is fun, great for fitness and can be enjoyed by everyone, all ages, backgrounds and abilities. You don’t need tennis courts to play – it can be played in sports halls, gyms or multi-sport areas and a range of adapted equipment and modified versions of the game are available.

Support for University Tennis Clubs

“Our feel The Development Award is the best offer of its type by an NGB to the HE sector. The process is simple and effective and has had an immensely positive impact on the offer that our student tennis club can provide to its members. The funding has allowed social players to get more court time and therefore more participants have been retained. Students beginning University now have the opportunity to work through from social to competitive player if they so wish.”

Name: Anthony Hennelly
Role: Sports Development Officer
University: Imperial College London

Student Tennis Experience

“I joined the Tennis Club this term because I saw that the coaches and club captains were supportive and passionate about promoting the sport, making tennis fun and exciting for all students regardless of their ability level. One of the best aspects of joining the club was the fact that I was able to meet new people from various courses and years, some of which have now become close friends - compete, hit, socialise and make friends all in one... I have thoroughly enjoyed the experience as a member of the Leicester University Tennis Club and would strongly recommend for anyone to join in the future!”

Name: Asiri Perera
Role: Student
University: University of Leicester

Competition

“The tennis provision provided by the University of Gloucestershire has been by far the most important social aspect of my time at university. Over the three years, the professional environment and high quality coaching has enhanced my love for the sport, as has the excitement of representing our University in BUCs every Wednesday. Captaining the first team has been a great honour and through playing aspect / captaining, opportunities have come my way: the University have run both level one and level two coaching courses (with players having priority on getting on the course) and I’ve already noticed that being captain of such an esteemed team has opened many doors in the post-university job hunt.”

Name: Josh Eves
Role: Student
University: University of Gloucestershire

Workforce Development

“I started as a sports volunteer in my first year of university and now I am a Level Two Coaching Scholar. The programme is massive, gaining experience with the likes of wheelchair tennis and Cardio Tennis, as well as coaching players as young as four years old right the way up to adults, is providing really good opportunities for us.”

Name: Sam Glendenning
Role: Student
University: Leeds Metropolitan University

The support available through the University Tennis Programme aims to grow the game, by creating more opportunities for students to play and compete. It also aims to provide students with the latest training packages, for those that have an ambition to become part of the future workforce for British Tennis.

This guide is aimed at student tennis clubs and sports development staff working within universities and provides an overview of all the resources and support available to the Higher Education sector. Support is available to all universities and at a range of different levels.
Welcome to the Guide to University Tennis, which provides an overview of all the support and resources which are on offer to you by the Tennis Foundation and the Lawn Tennis Association (LTA). These have been developed by us to help you increase the opportunities for students to play tennis and perhaps develop a future career in our sport.

WHAT CAN TENNIS DO FOR MY UNIVERSITY?
Tennis is fun, great for fitness and can be enjoyed by everyone, all ages, backgrounds and abilities. You don’t even need tennis courts to play – it can be played in sports halls, gymnasiums or multi-sports areas and a range of adapted equipment and modified versions of the game are available, to ensure tennis can be played by everyone who wants to pick up a racket.

The Guide to University Tennis tells the story of university tennis through those who have seen it grow and develop - the students and the university staff.

LEVELS OF SUPPORT
British tennis is able to provide support to all universities to help increase and improve tennis provision. In summary, our support is focused around three levels:

- **Core Offer:** Resources and Development Awards
  A wide range of resources are available to all universities which are detailed in this guide. In addition, all universities are able to apply for an annual Development Award, designed to grow the game with staff and students.

  - Support for University Tennis Clubs
  - Student Tennis Experience
  - Competition

- **Enhanced Offer:** University Tennis Coordinators and Tennis Ambassadors
  We are able to support a number of universities with a financial grant to support the employment of a University Tennis Coordinator - a part-time, masters student, based at the university with the responsibility of growing the game with students, staff and the local community. The programme supports the employability agenda, by providing training and skills to students, enabling the first step towards working in the tennis industry.

  We are also able to support a number of universities with a bursary to support the recruitment of an undergraduate student into the voluntary role of University Tennis Ambassador, to assist with the implementation of a Development Award.

- **Performance**
  We are able to provide a small number of universities with a financial grant to support their performance programme. There is an annual application process and this support is available to universities who make a significant contribution to British tennis and have a comprehensive programme in place.

In this year’s Guide you’ll find a self-review tool to audit your current provision and provide further ideas on how to use tennis to enrich and widen the student experience.

To complete your self-review, please turn to page 22.
Support for University Tennis Clubs

University Tennis Development Awards and University Tennis Ambassadors are programmes designed to help you grow participation at your university:

- Up to £500 Development Award to help more people play tennis at your university.
- £500 grant to support an undergraduate University Tennis Ambassador at your university.
- Your university has the opportunity of applying for one, or both of the above programmes. However, we would encourage you to apply for both, as they have been designed to complement each other.

DEVELOPMENT AWARDS

University Tennis Development Awards of up to £500 are available on an annual basis to support University Tennis Clubs to grow participation and help more students and staff play tennis. The main purpose of the Development Awards is to increase the number of students and staff playing weekly.

Programme activity to help more people play weekly:

- Subsidising beginner coaching courses for students and staff
- Delivering alternative tennis opportunities, such as Cardio Tennis, Short Tennis or Tennis Xpress
- Intra-mural competition / charity competitions

Activity to help more disabled people to participate weekly:

- Taster Sessions
- Coaching programmes
- Equipment

We are encouraging all venues to offer inclusive programmes, where disabled people can play against their non-disabled friends and take part in inclusive sessions and / or impairment specific sessions - the specific sessions could include wheelchair, learning disability, deaf and hearing impaired, blind and visually impaired.

Workforce development activity to build staff capacity to help more people play weekly:

- Scholarships for Level 1 and 2 Coaching Assistant Courses (UKCC) - maximum 50% subsidy for a maximum of two people
- Primary & Secondary School Teacher Training Courses
- Competition Organiser Workshops
- Tennis Leaders

Promotional activity to help more people play weekly:

- Fresher’s Fair Activity
- Marketing Material
- Taster Sessions
- Open Days

For more information about how to apply for a University Tennis Development Award, please email: universities@tennisfoundation.org.uk

Case Studies

The University of Stirling

“The university development grant has introduced more people to tennis: through the excitement of Cardio and Touch Tennis to staff sessions and from primary school teacher training courses to reaching those with physical or learning disabilities. The development grant allows tennis to be accessible to everyone, showcasing the advantages of tennis participation and also the scope tennis has through all its different elements. The grant has provided opportunity to get involved in tennis not just for university students and staff but also the local community.”

Name: Holly Smith
Role: University Tennis Coordinator,
University of Stirling

Here is a taste of Stirling’s plans:

Freshers Fair: Next academic year we are going to start promoting and advertising earlier by setting up a stall on move-in day to raise awareness about tennis. We will also be giving 30 free t-shirts to the first 30 new club members who join.

Taster Sessions: We plan to run two ‘give-it-a-go’ sessions for students and staff to attend at the beginning of each term. We are also looking into the possibility of hosting another taster session just after half term to give students a third chance to join the tennis club. To help attract students whose first choice might not be tennis we hope to offer prize incentives (i.e.: racket bags) which anyone who turns up has the opportunity to win.

Open Days: The club’s committee would like to host an open day where we invite the local community to try Cardio Tennis and Mini Tennis.

Cardio Tennis: Cardio Tennis is now part of the sports centre fitness programme and will therefore continue to run next academic year on Mondays, 3-4pm.

The University of Central Lancashire (UCLan)

“This is the first year in which UCLan has benefited from a Development Award / Tennis Ambassador and it has seen a big growth in the participation opportunities we provided at the university. Before this post we only had the tennis club, who trained on a Monday and played on a Wednesday, plus the opportunity to book courts out recreationally throughout the week. We now have Touch Tennis, Cardio Tennis sessions and a Timed Tennis League which runs during the term time. The Tennis Foundation Development Award is a fantastic way to help increase tennis provision at your university it offers you the resources you need to recruit student activators and to purchase equipment, they also provide you with the resources you need to promote and deliver a number of tennis initiatives. Having the resources to be able to recruit student staff to deliver and promote our tennis opportunities has been fantastic, our Tennis Ambassador (Luke Ellis, third year student) has really engaged in the award and excelled in his delivery of the project.”

Name: Darren Waldron
Role: Sports Development Officer

“Being involved as a student Tennis Ambassador has allowed me to gain the skills I need to gain a job as a University Tennis Coordinator at Brunel University.”

Name: Luke Ellis
Role: Tennis Ambassador
In addition to the above, coaches all have different areas of expertise so find out two main areas to consider: Qualifications and Coach Accreditation.

There are many qualified and experienced tennis coaches in Britain, each with their own different skills and experience. It can be hard for players, parents, clubs, and schools to identify those coaches, and assistants who are appropriately qualified and have the knowledge, competence, and skills to perform specific roles. There are two levels of coach accreditation: registration and licensing.

Registration is the basic level of accreditation issued to those who are safe to practice. Licensing is the top level of accreditation issued to those who are qualified, safe to practice and take part in regular training through continuous professional development.

The coach accreditation scheme offers support to coaches to ensure all those taking part in the game have a safe, inclusive, and enjoyable experience which helps sustain the positive image and reputation of the sport.

Both forms of accreditation mean that a coach or coaching assistant has met the following criteria:

- A minimum level of qualification
- A satisfactory DBS (formerly CRB) enhanced disclosure (repeated every three years)
- A valid Emergency First Aid at Work Certificate and a requirement to keep this up-to-date

1. Qualifications

A qualification represents the level of training a coach has received and the level of skill to which she/he has been assessed.

The LTA’s current Coaching Pathway is shown below.

2. Coach Accreditation

Coach Accreditation is issued by the LTA to coaches and coaching assistants who meet a range of requirements relating to safety and training. It is an easy way for parents, players, and clubs to identify those coaches, and assistants who are appropriately qualified and have the knowledge, competence, and skills to perform specific roles. There are two levels of coach accreditation: registration and licensing.

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BRITISH TENNIS MEMBERSHIP

British Tennis Membership, or BTM, is the LTA’s membership scheme open to everyone involved in tennis, from fans, to players, to volunteers and coaches.

BTM offers a range of benefits, including:

- Exclusive booking periods and discounts on tickets to major events, including the Barclays ATP World Tour Finals, Aegon Championships, Aegon Classic, Aegon International and Davis Cup
- Offers and discounts on tennis rackets, equipment and clothing through tennis.net, the online store for British Tennis powered by PWP
- An Aegon British Tennis Rating
- A personalised monthly e-newsletter with the latest news, information and features from British Tennis

BTM is free to BUCS players and to members of LTA Registered venues

DOWNLOADABLE CASE STUDIES

We are building a range of case studies on the website. Here is an example:

UNIVERSITY OF EXETER: FRESHER’S FAIR

The Fresher’s Fair is the perfect opportunity to reach as many students as possible and the sites were:

- To tap into as many students as possible to the Tennis Club
- To gain an audience during a peak time for new university students (Freshers’ Week)
- To encourage anyone interested in being involved in tennis at the university, why not tell us via Twitter @TennisFoundation using #unitennis

BTM was promoted at the fair via the website and a leaflet with information about BTM was available in the venue.

How did they make it happen?

Leading up to Freshers’ Week a guide to student tennis and a leaflet with all the Freshers’ week tennis events on it were produced. The leaflet was sent out to every new student arriving at the University in thin Wallets bags. The leaflet and information on BTM were included.

On the front of the leaflet, a mini tennis court was take out onto campus and members of the tennis committee and tennis teams attracted attention by playing mini tennis matches, encouraging passing students to have a quick hit. Every student that passed was also given a copy of the leaflet and encouraged to visit a tennis venue and to sign up to BTM. The leaflet also outlined the tennis facilities available on campus.

At the end of eachtaster session, all the players were told about the different opportunities in tennis from coaching and matches to whistleblowing and coach education; they were all given a copy of the leaflet and were informed of where they could find us to sign up.

In preparation for the fair, a team of BTM staff were deployed to every student membership form, the mini tennis court was brought down to the local halls of residence where a taster session was also held. A university display board was placed behind the court including photos, tennis balls and other information about BTM.

On the day of the event:

The tennis committee arrived early to set up the stand so when people started arriving they were ready. A team of people on the stand was always manned. Players were signed up to the club and were also asked to complete the BTM form of the same time. Players who expressed an interest in the visit opportunities such as the box league, coach education, volunteering or additional activities were given a copy of the guide to student tennis and were asked to put their name, address and phone number into a spreadsheet and box which they were interested in. If they took a coaching qualification and were interested in being a student coach, they were invited to a coach-leader afternoon the following week.

Has it been successful?

It was a very successful sign-up day. 242 players signed up at the 1st event of these, 262 signed up for BTM. The details of 111 students with coaching qualifications were obtained and 148 students expressed an interest in competing in box league matches.
CARDIO TENNIS

Another great way to introduce students to our sport for the first time is through Cardio Tennis.

Cardio Tennis is a fun group activity, featuring drills using low compression balls to give pupils of all abilities a fun, high energy workout to music.

There are activities for absolute beginners through to advanced players, all of which provide you with a great cardio workout whilst improving your tennis skills. Cardio Tennis is completely inclusive allowing disabled people to participate at different ability levels.

Music is played during the session to help create a high energy atmosphere and add motivation, as well as controlling the tempo of the activity. If available, participants are advised to wear heart rate monitors or pedometers, so they can see how hard they are working. The measure of a pupils’ success becomes their heart rate, or number of steps taken, rather than the number of balls hit over the net and in the court.

The main purpose of the session is to provide you with an enjoyable work out. It’s not about forehands and backhands, it’s about getting in to your appropriate cardio zone and getting a great workout.

More than 600 coaches have been trained to deliver Cardio Tennis – why not offer it as an alternative activity, as part of your programme for students and / or staff to attend?

Case Study

University of Gloucestershire

“We’ve had 42 students participating in the Cardio Tennis session in a small sports hall, with mini nets and sponge tennis balls. The response was great and we have begun this term to approach lectures and staff to see the interest in lunchtime Cardio Tennis sessions at Oxstalls Tennis Centre. We hope that their involvement will maintain interest and build tennis within this sector of the university.

We are aiming to rebuild perceptions with a Cardio Tennis Calorie Challenge. Societies will enter a team of eight people wearing calorie counting belts and each society is looking to add up the highest number of calories burnt in an hour session. We will be looking at putting the event on close to the beginning of term aiming to increase participation in the Cardio Tennis side of tennis. All this really highlighted the need for a bigger university workforce and delivery of Cardio Tennis at the University Campus. This should include lunchtime sessions and more coaches attending Cardio Tennis Training. Cardio Tennis will also become incorporated into Strength, Conditioning & Fitness elements of our focus sports on a weekly basis to also promote these sessions.”

Name: Jason Poole
Role: University Tennis Coordinator,
University of Gloucestershire
Competition

UNIVERSITY TENNIS COMPETITION GUIDE

As well as having a tennis club coaching and playing programme, University Tennis Clubs thrive by promoting key competitive events during the year. These events provide players with something to look forward to, a focus for tennis club committee efforts and help to move the club forwards.

The University Tennis Competition Guide provides some simple ideas for competitive events that are easy to arrange. It explains how to plan, promote and run the event and is intended as a simple introduction. It also contains a BUCS Team Captain Support Sheet for your BUCS team captains.

BUCS TENNIS

British Universities & Colleges Sport provide a full competitive tennis programme, running throughout the year, in both team and individual competition:

- The BUCS Team Championships
- The BUCS Individual Championships

There are over 300 teams competing in the BUCS leagues at all levels. Full details of BUCS tennis can be found at www.BUCS.org.uk

UNIVERSITY TENNIS LEADERBOARD

The Tennis Foundation and BUCS are working closely together to capture results from BUCS matches. This has lead to the development of a National University Tennis Leaderboard for all university players.

The leaderboard provides motivation for players and universities, as they are able to compare themselves and track progress throughout the season.

INTERNATIONAL COMPETITION

- European Collegiate Tennis Association
- World University Games

Tennis is included in the World University Games, which takes place every two years. BUCS manage Team GB’s involvement in the event and the Tennis Foundation provide an element of support for the tennis team.

LTA GRADE 3 TOURNAMENTS

The new ‘University Tennis Tour’ is a series of LTA approved Grade 3 competitions which are open exclusively to students. Each competition features separate men’s and ladies’ singles events with all matches played counting towards British tennis rankings and rankings as well as the LTA university leaderboards. The Tour is designed to run alongside the existing British Universities and Colleges Sport (BUCS) tennis league with students having additional opportunities to enjoy competition.

Details of this year’s University Tour can be found at www.tennisfoundation.org.uk/universitytennis

UNIVERSITY TIMED TENNIS

To encourage university students to play tennis more often the LTA and the Tennis Foundation have developed a new university tennis competition product.

‘Timed Tennis’ is suitable for mixed gender groups and runs so that all the students have to do is turn up with pre-booked courts and equipment provided.

Universities are offered a promotional pack with prizes and incentives if they commit to running a minimum number of university timed tennis sessions.

There is an option of running timed tennis competitions on either a full-sized tennis court, using standard tennis balls, or on short tennis courts using foam tennis balls. This means that even universities that don’t have access to their own tennis courts can still take part.

A delivery resource is sent to each organiser which explains how to run a timed tennis session in five easy steps.
Guide to University Tennis 2014 - Workforce Development

Workforce Development

From the outset of our University Programme, we have been very focussed on helping people interested in tennis to develop their skills beyond playing.

Our highest level of enhanced support for developing tennis at your university is our University Tennis Coordinator programme.

UNIVERSITY TENNIS COORDINATOR PROGRAMME

The flagship of the Tennis Foundation’s University Strategy is the University Coordinator Programme.

There are two main aims of this programme: Firstly, to develop tennis through creating opportunities for students to play, compete and receive the latest training packages as volunteers or coaches. Secondly, to create a ‘first step’ into the tennis industry for the coordinators who have an ideal base from which to become a future part of the workforce for British Tennis.

Each coordinator has a two year position working to grow the game of tennis at the university whilst studying for a part-time post graduate degree. Receiving an annual salary of up to £10,000, they develop all aspects of university tennis working to targets which are aligned to the targets of the LTA’s Field Team.

The universities have been delighted with the programme and the positive impact they have had. As well as seeing numbers consistently rise, Quentin Sloper who manages the position at Durham said that the programme had “added a massive amount of vibrancy to the tennis programme and completely transformed what the university does in tennis.” Equally, the UTCs themselves are really enjoying their positions and can see a way forward to a future career in tennis with 80% of former UTCs now working in tennis.

The positions are jointly funded by the Tennis Foundation and the university. Whilst managed by the university, support is also provided by the Tennis Foundation through initial training as well as ongoing monitoring of targets and training opportunities.

The post-graduate University Tennis Coordinator programme has grown from six institutions in 2009 / 2010, to 25 supported in 2013/2014. Up until the end of the 2013 / 2014 academic year, the programme has operated through a standard model of a 50/50 partnership funding model, with the Tennis Foundation providing £5,000 to support each position, and the institution matching that amount. Responding to feedback and going forwards, there will be a more flexible model available with a range of different funding points which will enable more universities to engage with the programme.

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The University of Stirling

Scores of players turned out for the University of Stirling’s first timed tennis competition at Scotland’s National Tennis Centre. Timed tennis is a new British Tennis product which seeks to encourage university students to participate in tennis and try competition. And it proved at hit at Stirling with 20 tennis club members from all ability levels, including beginners and advanced, taking part in the event. Players were placed into box groups of three or four and played 20 minute matches against each other, aiming to complete as many games as possible in the time span.

Katie Hoffman (a third year History undergraduate) said, “Timed tennis was a great way to work on your tennis game, play multiple people, and have fun!” Thirty eight matches were played in total and were submitted to the LTA by James Swanson, Competition Co-ordinator, who added, “The format was easy to run and set up. The short matches meant all of our members could arrive at the same time and not have to wait for a long period of time between matches, which created a great social atmosphere.”

The timed tennis event focused on fun rather than wins. Babolat balls and grips were awarded for varying achievements including most outrageous retrieval and most adventurous at the net. The fast paced matches created a fun and friendly atmosphere. Players became more interested in winning a fun award than focusing on winning their box league. It was a great social tennis event that I’m sure we’ll repeat in the future.

For more details of how to get involved, please contact: education@tennisfoundation.org.uk

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Case Studies

University of Bedfordshire

“Our aim was to be able to provide tournaments that were fun and inclusive yet still competitive with wins potentially going towards improving players’ British Tennis rating. In my opinion, Timed Tennis is a great way to introduce non-tennis players into tennis and competition, as the fast paced nature of matches make it really exciting in addition to the format being simple to organise and follow for organisers and players.

In order to get our sessions off the ground, the LTA and Tennis Foundation kindly sent our university a Timed Tennis resource pack, including tennis prizes e.g. Babolat balls, key rings and towels. We also received various pieces of equipment, promotional material as well as instructions and score sheets to follow. It’s fair to say that without such brilliant resources it would have been very hard for us to run sessions this year so we were very thankful.

Being able to run Timed Tennis at UoB this year meant that we had a vast improvement on non-tennis and tennis players alike keeping involved in the game and also it brought all sorts of ability players together in a more relaxed competition setting, which all participants enjoyed. We have applied for more Timed Tennis resources for the upcoming academic year and I am very much looking forward to running more tournaments and continuing the success of last year as we expand our tennis programme to more campuses across UoB.

We owe the successful introduction of Timed Tennis at UoB to the resources pack and support we received from the LTA and Tennis Foundation and for myself personally being able to attend a University Tennis Ambassador training day run by the Tennis East team, which helped me feel confident in being able to run sessions and organise the tournaments.”

Name: Richard Sackey-Addo
Role: Tennis Ambassador for the University of Bedfordshire

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For more details of how to get involved, please contact: education@tennisfoundation.org.uk
UNIVERSITY TENNIS AMBASSADORS

This new, voluntary position (supported by a £500 bursary) is a great opportunity for an undergraduate student to take on some responsibility to realise the aims of your Development Award application and help increase the number of students and staff participating weekly.

The University Tennis Ambassador must be a current, undergraduate student at your university. The University must appoint a nominated person to ‘line manage’ the Ambassador.

The recruitment and selection process for your University Tennis Ambassador is to be determined by your university and in line with any relevant internal policies and procedures.

The University Tennis Ambassador and nominated ‘Line Manager’ will be responsible for completing monitoring and evaluation reports.

We are very keen that this role does not impact negatively on any work that the University Tennis Club committee are doing and therefore, it needs to be clear that it is a development role to get more people playing tennis, below BUCS team level.

Someone with an interest in coaching and keen on personal development to advance their qualifications would be ideal.

You can download an application from: www.tennisfoundation.org.uk/universitytennis

COMPETITION ORGANISERS WORKSHOP

In order to get more people competing, there needs to be more opportunities to take part in local competition. Currently there simply aren’t enough competitions to meet demand.

The Competition Organisers Workshop has been designed specifically for over 16s and will be the first step on the pathway to becoming a tennis official. At the training, attendees will be given a Competition Organisers Toolkit, providing them with all of the tools and resources needed to run various forms of competition.

The workshop content is currently under review and once refreshed, the workshops will be run locally. If you would like to run a course for your students and staff please contact your LTA Regional Office for further details.

Case Study

University of Bedfordshire

“At the start of the 2013-14 academic year the University of Bedfordshire was successfully awarded a university tennis development grant from the LTA in order to grow tennis participation and expand the tennis activities that we offer. My role includes supporting and liaising with the University sports directors, local tennis clubs and the tennis development team from the LTA Tennis East Office. We aim to grow tennis participation at the University through introducing more opportunities for students and staff to play regularly throughout the year by running a variety of tennis activities including weekly Cardio Tennis and touch tennis as well as organising open / charity days and timed tennis tournaments.

I try many different ways to promote and engage students and staff in our tennis activities. I recently created a Twitter page that broadcasts information about all things tennis at the University including how our teams are doing in the BUCS leagues and information about Cardio Tennis and touch tennis sessions. The University sports pages also do a great job of advertising and promoting our tennis sessions online, but the old fashioned way of spreading information through word of mouth works too.

I also try my best to promote playing tennis as an easily accessible, lifetime sport that is a great way to stay fit and healthy and fun for all ages and abilities. I absolutely love coaching tennis so for me the most enjoyable part of the role is getting out on court and running tennis sessions and sharing my enthusiasm with the players.

In my opinion, the main benefit of being a Tennis Ambassador is knowing that your work is helping to grow tennis within your University. Also, sharing your passion for the game and creating opportunities for those who haven’t played tennis before, or are trying to find a way to play again at University, is especially rewarding. It is also a really great way to keep productive outside of contact hours at University, so adds to your CV, particularly if you want a career working in tennis or sport in general.

Name: Richard Sackey-Addo
Role: Tennis Ambassador for the University of Bedfordshire
COURSES

We have a wide variety of training courses which are suitable for your university students, many of which, don’t require a high level of tennis ability. Our courses help train club members for volunteering, develop transferable skills, enhance their CV and in some cases may move them along our pathway towards full time employment in tennis.

LEVEL 1 - COACHING ASSISTANT

This three-day course is the starting point for people who want to get involved in tennis. It is aimed at people who are enthusiastic about tennis and want to help a coach deliver Mini Tennis.

The main objectives are to train candidates in how to assist an LTA licensed coach with groups of Mini Tennis players.

On successful completion of the Level 1 candidates will be able to:

• Motivate and inspire people to play tennis
• Use effective verbal and non-verbal communication skills
• Organise tennis activity constructively and safely
• Plan and deliver a structured lesson using LTA Level 1 coach resources
• Have basic knowledge of tactics, techniques and rules of tennis
• Have a full understanding of the structure of Mini Tennis

It is endorsed by the UKCC (United Kingdom Coaching Certificate) and successful candidates will receive a Level 1 Certificate in Coaching Tennis awarded by 1st4sport.

PRIMARY SCHOOL TEACHER TRAINING COURSE

The three-hour Primary School Teacher Training Course has been developed to give teachers the confidence and tools to deliver tennis to a class of children in a small space.

The course is supported by an innovative pupil-facing DVD teaching aid that delivers the demonstrations and progressions directly to the children. Having watched the DVD with the children, the teacher then leads them confidently through the lessons.

This course is available to be delivered to a group of university students and / or university teaching staff, it will provide a practical understanding of how tennis can be delivered in primary schools.

SECONDARY SCHOOL TEACHER TRAINING COURSE

The three-hour Secondary Schools Tennis Teacher Training Course has been developed to provide teachers with the confidence and knowledge to deliver traditional and modified versions of the sport.

The course demonstrates how to assist teachers in assessing the ability of pupils against National Curriculum attainment levels, using a range of descriptor cards and film clips.

The course also provides an overview of other areas of support and resource including cross-curricular activities, competition, alternative delivery using Cardio Tennis, Leadership and Volunteering. It also looks at how tennis can contribute to the delivery of external PE qualifications.

Performance: Enhanced Offer

The grant is available to universities who provide a comprehensive programme for committed British tennis players and are fully engaged with all three levels of the Tennis Foundation’s University ‘Offer’ including the employment of a University Tennis Coordinator.

Universities receiving this funding will have committed considerable resources to tennis as a sport including members of staff who are tennis specific. University tennis programmes receiving this funding should have access to high quality indoor facilities, with sports science support. Top players should be committed to developing their tennis as a priority and benefit from structured coaching, free court access, travel to tournaments, physio, medical facilities and nutritional advice. They should have access to performance coaches who provide 12-20 hours of training a week.

To be eligible for funding, universities will be judged against criteria which is available on request.
University Tennis Self Review

Use this self-review tool to audit your current provision and provide further ideas on how to increase the opportunities for your students.

All universities are able to apply for an annual Development Award which can be used to initiate some of the ideas below. There are also bursaries available to support the recruitment of undergraduate University Tennis Ambassadors who can assist with the implementation of a Development Award.

Case studies covering the areas below are available on our website: www.tennisfoundation.org.uk/universitytennis

Student Tennis Experience – Tennis Programme

Does the club operate a comprehensive programme to offer something for players of all levels?

Here are some possibilities:

☐ Beginners Coaching - entry level (Tennis Xpress is ideal for this)
☐ Development Coaching for improvers
☐ Advanced sessions for those who didn’t quite make the BUCS teams
☐ Team Training
☐ Social Tennis
☐ Cardio Tennis
☐ Staff Tennis
☐ Supervised hitting sessions
☐ Short Tennis in your sports hall - informal ‘pitch up and play’
☐ Use the concept of ‘pop up tennis’ to run tennis tasters in different spaces around the university
☐ Work with the Students Union to run tennis tasters for target groups in different clubs and societies
☐ Are the above advertised at Freshers’ Fair?
☐ Are there sessions for each of the above organised in the week of or week after Freshers’ Fair?
☐ On your application form for the tennis club, do you list activities and ask for areas of interest?

Tennis Xpress is a beginner adult introductory coaching course.

For more information about Tennis Xpress, please visit: www.lta.org.uk/coaches

Competition

Do you offer a variety of competition options for all club members?

Here are some ideas:

☐ Deliver Intra-Mural timed tennis competitions – singles, doubles or team events, run termly competitions
☐ Enter a team in the local county tennis leagues
☐ Identify volunteers to run competition using the LTA’s Competition Organisers Workshop
☐ Organise charity tournaments
☐ Organise a recreational level Short Tennis tournament between different sports clubs
☐ Box leagues for regular competition at a specific time
☐ Organise a Club Championships with a qualifying event
☐ Publicise other tournaments in the area
☐ Arrange friendly matches for players who don’t quite make the BUCS teams
☐ Link with a local Further Education college to offer joint tennis opportunities.

For more ideas, download our Competition Guide – available on the website.

Workforce Development

Do you provide opportunities for tennis club members to develop their skills beyond playing?

Here are some possibilities:

☐ Students have the opportunity to lead coaching and recreational sessions during the weekly programme
☐ Involve students in promoting the club via social media channels
☐ Encourage students to organise competitions
☐ Link students up with local tennis clubs to provide help on their coaching programme in return for courts for matches or spaces on their club programme
☐ Have a questionnaire on your tennis club / Freshers’ Fair form to ask if they are have a coaching qualification, are interested in attending a training course / volunteering and in which aspect of volunteering they are interested?
☐ Organise some of the training courses that are listed in The Guide to University Tennis for students and staff to attend?