

Edinburgh University Lawn Tennis Club

UTC – Calum Meston



My background before becoming UTC?

- ▶ Left school shortly after turning 17 and **didn't** actually go to University.
- ▶ Coached myself tennis and gained my coaching qualifications.
- ▶ Tennis Scotland – Assistant Coach Development Manager
- ▶ Head Coach at local club – *Joppa Tennis Club*
- ▶ Studied Leisure Management and Level Three Personal Training
- ▶ Worked in Greece coaching for Powderbyrne
- ▶ Worked for a year in Strength and Conditioning in Edinburgh
- ▶ Moved to New York to work as a Tennis Development Manager
- ▶ Returned to Edinburgh to join the University as Tennis Coordinator
- ▶ Final year as UTC – What Next?

Tennis at Edinburgh

- ▶ Our membership last year was roughly 300 members – mainly from recreation/development.
- ▶ We have **9 BUCS Teams**, 5 Men's and 4 Women's.
- ▶ We also have **4 Development Teams** – introduced in 2016-2017.
- ▶ **Coaching Staff** – UTC, Performance Coach, 30+ Qualified Coaches (L1/L2)
- ▶ Special Events – Including a doubles workshop from Leon Smith.
- ▶ Largest class participation in the entire of Edinburgh.
- ▶ We deliver **free** schools programmes to the East of Edinburgh - led by UTC and handful of volunteers to entice more juniors to pick up a racquet.
- ▶ The club has access to upwards of 30 courts – across different clubs with a variety of different surfaces – artificial grass, acrylic, clay and indoor hard.
- ▶ Additionally– we have a busy social calendar tailored to specific events hosted at our partnered venues – The Three Sisters Edinburgh.



Programme Development

- ▶ Participation up by 10% on previous year – **cardio** in particular.
- ▶ Introduction of development teams – leading to an increase in competition for recreation members.
- ▶ Programme expansion – adding 2 extra classes to 2016-2017.
- ▶ Newly trained coaches delivering/assisting in sessions.
- ▶ New community partner club – Abercorn Tennis Club.
- ▶ Delivering free coaching for schools, delivered by EULTC.
- ▶ Adding disability taster sessions throughout the year, including this years open day.
- ▶ Running a parallel, lower standard, Club Championships in unison to encourage for members to compete.



Weekly Schedule

Our programme runs 7 days a week – with a handful of volunteers.

- ▶ Monday – Cardio Tennis and Social Evening
- ▶ Tuesday – BUCS Team Training (Ran by Team Managers)
- ▶ Wednesday – Beginners, Intermediate and Advanced Coaching
- ▶ Thursday – Touchtennis and Team Fitness (Virtual Spin / Circuits)
- ▶ Friday – Advanced Training and Evening Social
- ▶ Saturday – Social Tennis and Club Matchplay
- ▶ Sunday – Performance Team Training (Indoor and Clay)

'TIER1' players also have additional strength and conditioning sessions.

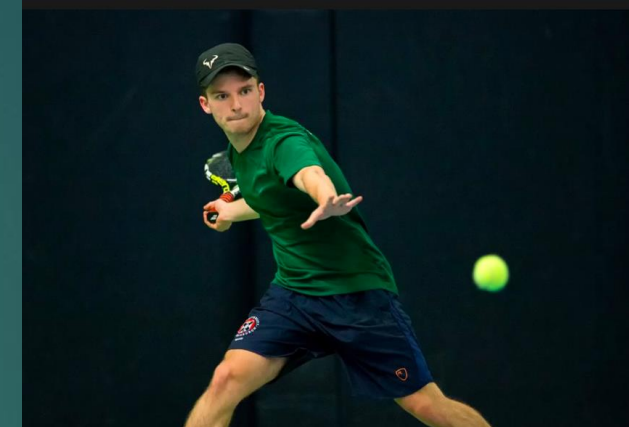


Competitions

The club last year played host to multiple events, with the aid of Tennis Foundation funding. This gave us the opportunity to fund and host multiple events throughout the year and enabled us to boost those out of BUCS to play more competitive tennis.

- Development City Challenge – Edinburgh vs Strathclyde (H/A)
- Club Championships – Singles/Doubles
- University Team Challenge – Mixed Doubles (See link - QMU)
- SSS Singles/Doubles
- Burgh Varsity – Edinburgh vs Heriot Watt
- Internal Club Ladders – BUCS and Development.

The introduction of the ladder in particular gave us an excellent idea of those who could push for BUCS this year, and gave us a large pool of player that would be able to step in if necessary.



Targets for 2017-2018

The 2016-2017 academic year proved to be highly successful for the club. By focusing on certain areas we smashed certain goals, but in the process other areas took a hit – *2 steps forward, one step back scenario!*

- ▶ Maintain and improve our positions in the BUCS Leagues
- ▶ Continue to push the 'Development' section of the club to further close the gap between recreation and performance – hopefully leading to a more integrated club.
- ▶ Progress our newly qualified L1 Coaches onto their L2.
- ▶ In partnership with 'Advantage Disability Tennis' we hope to add more activities onto our schedule – wheelchair tennis, VI tennis.
- ▶ Continue to build community partnerships with local clubs and schools by delivering free tennis sessions to schools and hosting competitions.
- ▶ Working with Tennis Scotland to get more players playing external competitions – such as the **TS Open Tour**.

<https://twitter.com/tennisscotland/status/894180540974288896> (TS Open Tour Promotion)



TS Open Tour - Project

This is a new Scottish tournament pilot that aims to boost participation at yellow ball level. Being a University establishment we have partnered with Tennis Scotland to try and promote the event to get more students competing.

- ▶ The TS Open Tour consists of three events; **TS 300, 500 and 1000**.
- ▶ Ranking points and prize money are up for grabs.
- ▶ Suitable for all levels – *recreation, club, county and national players*.
- ▶ All enter the same draw and each draw is split by ability.
- ▶ All tournaments are ran **during** the University season.
- ▶ Entry deadline is the 19th of September.

If interested, or if you feel players on your program would be interested – please come see me at the end and I can take your details RE the event.



Tips for new UTC's!

- ▶ Don't focus on just one area of the club –balance your time and effort between recreation and performance and try to bridge the gap.
- ▶ Like managing a lesson, also know how to manage the club committee.
- ▶ Go heavy on social media presence.
- ▶ Use Clubspark – www.clubspark.lta.org.uk/EdinburghUniversity
- ▶ Network at training events – build connections in different regions.
- ▶ Keep track of the club budget.
- ▶ Get help when you need it – during participation spikes and competitions.
- ▶ Work with your local RDM / Governing Body.

Questions?

- ▶ Contact Details;
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