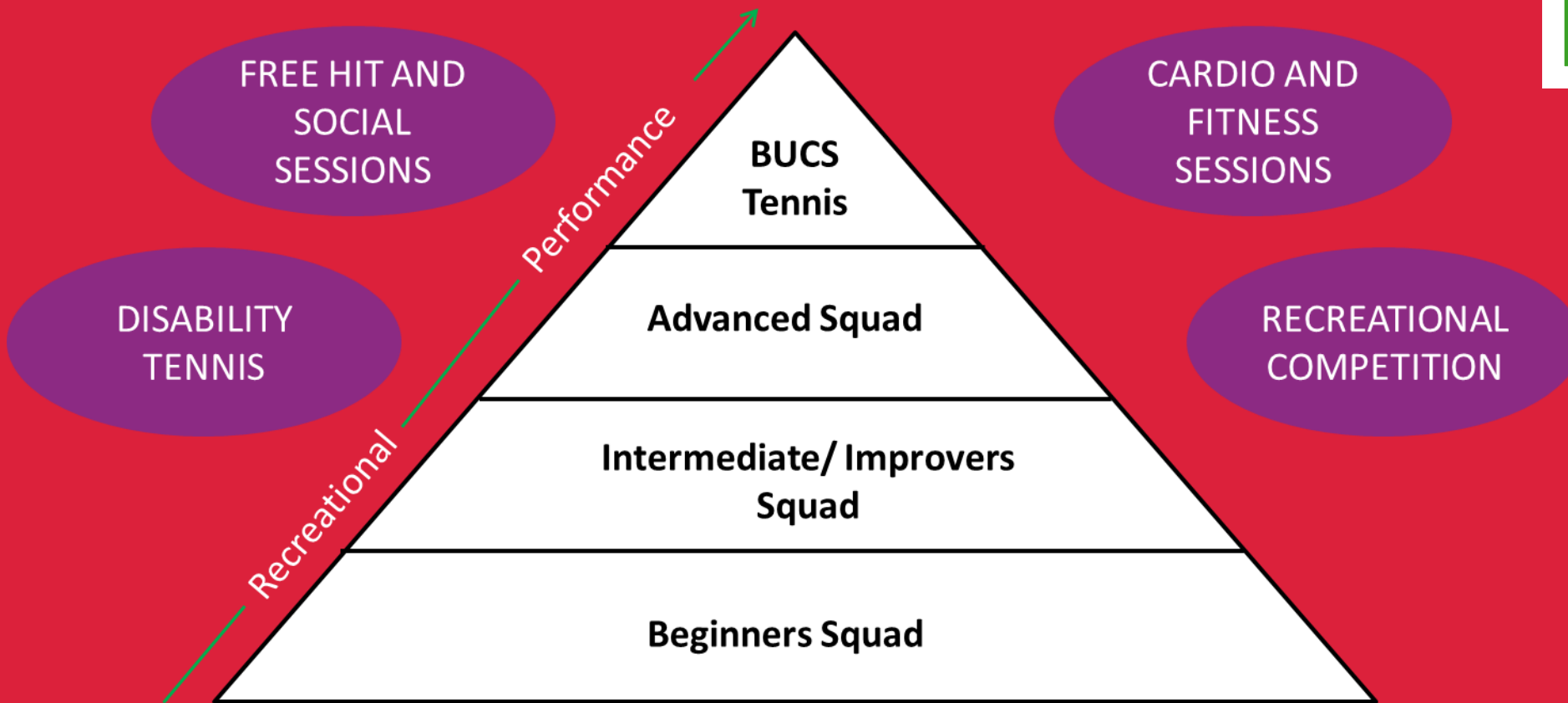




***BUILDING A
WEEKLY PROGRAMME***

Weekly Program Overview



SESSION TYPES

- Team Training (Scholarship and BUCS performance)
- Recreational Training (Beginners, Intermediates, Advanced)
- Free Hit/ Social Sessions
- Competitions (Club champs, box leagues, timed tennis, SSS (Scotland))
- Short tennis or touchtennis
- Cardio Tennis/ Fitness sessions
- Disability Tennis
- Tennis Xpress

STAGES OF DEVELOPMENT

Every university is at different stages of development

- What does each stage look like?
- What stage are you at?
- How do you get from one stage to the next?

STAGES OF DEVELOPMENT

1. BASIC

“The passionate few”

2. DEVELOPING

“Inclusive socialisers”

3. ESTABLISHED/ ADVANCED

“Thriving community”

BASIC
“The passionate few”

STAGES OF DEVELOPMENT

- **Small membership <50**
- **Basic programme often lacking a range of sessions**
- **Recreational focus**
- **0-2 BUCS teams**
- **Little or no indoor court access**
- **Little competition for all levels**
- **Little volunteer engagement**

1 X Open
Recreational
Session p/w

1 X Open
Team Training
Session p/w

1 X
Additional
Session
e.g. Cardio/
Short Tennis



DEVELOPING
“Inclusive socialisers”



STAGES OF DEVELOPMENT

- **Medium membership 50-100**
- **Developing programme, patchy session coverage**
- **UTC or ambassador**
- **2-3 BUCS teams**
- **Limited indoor court access**
- **Competition for some levels**
- **Good volunteer engagement, often student led**

1 X Open Recreational Session p/w	1 or 2 X Specific ability group Sessions p/w	2 or less Team Training Sessions p/w	1 or 2 Additional Sessions e.g. Cardio/ Short Tennis
Monthly Recreational Competition			



***ESTABLISHED/
ADVANCED***

“Thriving community”



STAGES OF DEVELOPMENT

- Thriving membership 100+
- Fully developed programme
- UTC and ambassadors
- 4+ BUCS teams
- Frequent indoor court access
- Competition for all levels
- Volunteer engagement
- Performance program
- Employed staff, guaranteeing continuity

1+ Open Recreational Sessions p/w	3+ Specific ability group Sessions p/w	3+ Team Training Sessions Specific to teams p/w	3+ Additional Sessions e.g. Cardio/ Short Tennis
Weekly community/ Disability Sessions		Weekly Recreational Competition	

What does your university look like?

- **Discuss in groups:**
 - What does your weekly programme look like?
 - Where is their room for improvement?



***Progressing Through
The Stages***

 TennisFoundation

Progressing to the next stage

Number of areas to look at for development:

- Fresher's Week
- Delivery of your programme
- Local Venue Partnerships
- Team Tennis
- Building a flow of progression

Fresher's Week

Fresher's Fayre:

- SELL YOURSELF and what your club can provide
- Use social media combined with face-to-face promo
- Use quick questionnaires' to find out what people want

Give it a Go:

- Promotional sessions, show the range of sessions you provide
- Get a range of current members to help run it = INTEGRATION!

Socials:

- Get creative, recreational members want more than tennis.

Delivery

- **UTC and ambassadors, external staff**
- **Coaches:**
 - Use coaches from within your club
 - Funding can help individuals with coaching qualifications (Development grant, university funding, local authority funding etc.)
 - Offer incentives in exchange for coaching (qualification help, free membership, event tickets etc.)
- **Volunteers:**
 - ASK if anyone wants to help
 - Use committee
 - Team volunteer ROTA (also allows integration)
 - Filter through the levels (also allows for comparison and adjustments)

Local Venue Partnerships

- **Essential** for unis with limited court access
- Clubs often don't use courts during the day
- Allows for club expansion, more courts = more people
- Offers inter-club competition
- May have to pay, could offer coaches to help run their programs

Team Tennis

- Start with **team trials**
- As many weekly, coach led sessions as the club can put on, 2+ session per team should be the aim.
- Coach led: start by using within club resources
- Then try and bring in external coaches and staff
- Extra sessions: Fitness, S&C, flexibility etc.

Building flowing progression

First focus on providing sessions suited to each ability levels needs.

Then allow progression through the levels and opportunities to challenge.

- Beginner > Team Tennis
- Competitions both within their level (Box leagues)... and opportunities to challenge (Club Championships, timed tennis tournaments etc.)

Progressing through the stages

- **Basic to Developing**

- Providing more sessions and more variety*
 - Sell yourself at fresher's week, be INCLUSIVE*
 - Develop your workforce*
 - Gain more court time, create local partnerships*
 - Create competition opportunities at all levels*

- **Developing to Established**

- Provide sessions for every ability as well as extra sessions e.g. cardio, touch tennis*
 - Fresher's week should have a RAGE of activities: Stall, taster sessions, team trails, on-court and off court socials.*
 - Both internal and external coach workforce*
 - Strong local venue links with weekly court availability*
 - Performance programme: BUCS matches, training and full time staff*
 - Opportunities at all levels for competition and regular chance to challenge and progress*

Progressing through the stages

- Better planning
- More variety and opportunity
- More people.... Increases innovation!



Any Questions?