

# GUIDE TO UNIVERSITY TENNIS



## Guide to University Tennis

An overview of all the resource and support available to universities

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## Introduction

Tennis is fun, great for fitness and for developing hand eye co-ordination. It can be played by all ages 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.

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.

# 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:

## Performance Programme Support

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.

## University Tennis Coordinator Programme

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 also supports employability agenda, by providing training and skills to students, to take the first step into working in the tennis industry.

## Resources and Development Awards

A wide range of resource 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.

## 1 Performance Programme Support

This grant is for universities who provide a comprehensive programme for committed British tennis players. Universities receiving this funding will have committed considerable resources to tennis as a sport including members of staff who are tennis specific.

A requirement of receiving this grant is to have a University Tennis Coordinator and to provide two undergraduate Competition Coordinators.

Training programmes should be linked to High Performance Centres (HPCs) and have high quality indoor facilities, with sports science support. Top players should benefit from structured coaching, free court access, travel and entry to tournaments, physiotherapy and medical facilities, sports science and nutritional advice. They should have access to performance coaches who provide 12-20 hours of training a week.

Move info...

- For more information and an initial discussion about Performance Programme Support for universities, please email [universities@tennisfoundation.org.uk](mailto:universities@tennisfoundation.org.uk)



## 2 University Tennis Coordinator Programme

The University Tennis Coordinator programme was established in 2009 with the aim of growing the game and encouraging university students to become more involved in tennis.

Currently, 14 universities have coordinators who develop tennis by creating opportunities for students to play, compete and receive the latest training packages as volunteers or coaches.

The programme also creates 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 is in position for two years working to grow tennis at their university, while also studying for a part-time post-graduate degree. Receiving an annual salary of up to £10,000 they work to increase the number of students attending; tennis taster sessions, organised play, coaching and competition. They also work to increase the number of students training to be competition organisers, coaches and referees.

### To be part of the programme, universities are required to demonstrate:

- Match funding up to the value of £5,000 per year for two years.
- A point of contact at the university who will manage the Coordinator on a day-to-day basis.
- The necessary IT and day-to-day operational support.

### The programme provides a number of benefits to the university, the student and British tennis:

#### For the University:

- Links with the Tennis Foundation / LTA.
- Funding of up to £5,000.
- Growth of tennis at the university.
- A ‘business’ facing programme with good career opportunities at the end of the programme.

#### For the student:

- Valuable work experience with prospects for a future full time role in a major sport which has significant career opportunities.
- The opportunity to fund a Masters Degree.
- On the job training and management support from the Tennis Foundation and LTA at the National Tennis Centre.
- The chance to attend major tennis events including Wimbledon.

### More info...

- For more information and an initial discussion about the University Tennis Coordinator Programme, please email [universities@tennisfoundation.org.uk](mailto:universities@tennisfoundation.org.uk)
- You can also find out more about the programme and watch video interviews with current University Tennis Coordinators at: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)

## 3 Resources & Development Awards

University Tennis Development Awards of up to £1,000 are available to support University Tennis Clubs to grow the game and help more students and staff play tennis.

### The following areas will be considered within Development Award applications:

#### Developing Players:

- Free taster sessions / open days.
- Subsidised beginner coaching courses for students / staff.
- Delivering modified tennis sessions such as Mini Tennis or Cardio Tennis.
- Intra Mural Competition / Charity Competitions.
- Facility Hire – where the university does not have its own tennis facilities.

#### Developing volunteers:

- Scholarships – Coaching Assistant (UKCC) Levels 1 and 2 (maximum of 50%).
- Tennis Teacher Training Courses for trainee teachers (Primary & Secondary).
- Competition Organisers Workshops.

#### Equipment

- In addition, we are able to support universities who indicate that they would like to deliver Mini Tennis as part of their programme, with a free Mini Tennis Equipment Pack, with a retail value of £500.

Ideas and resources for supporting the development of the tennis in the above areas are contained throughout this guide.

### More info...

- Development Awards are available to apply for on an annual basis. More information is available at: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)



# Resources

## Freshers' Fair Support

The best chance a University Tennis Club has to attract new members is during Freshers' Week.

We have developed a range of guidance and resource to enable University Tennis Clubs to stand out and create interest at your Freshers' Fair stand and organise relevant follow-on activities.

This includes; posters, flyers, vouchers, banners and an interactive competition.

## Developing your University Tennis Club

We have developed a range of case studies and guidance notes / templates to support University Tennis Clubs to develop their programme.

They have been written in conjunction with universities and briefly detail how they have been successful in expanding specific parts of their programme.

## UKCC Level 1 & 2 Coaching Assistant Courses

The UKCC Level 1 and 2 Coaching Assistant Courses are ideal, should you wish to develop your own coaching workforce at your university.

Some universities pay the fee (or provide a contribution) for the courses, in return for the students providing free voluntary hours on the programme after attending.

Depending on facilities available, you could run a course at your university specifically for your students, alternatively, you can access existing courses at other venues.



### More info...

- Find out more about the Freshers' Fair Support at: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)

### More info...

- Why not see how Leeds Metropolitan University integrated charity tournaments into their programme, by viewing their case study at: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)
- You can access the case studies and guidance notes / templates for developing your University Tennis Club at: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)

### More info...

- Find out more about the UKCC Level 1 & 2 Coaching Assistant courses at: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)
- Why not see how Durham University approached this by viewing the case study at: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)

## Primary Schools 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 DVD teaching aid, which is pupil facing and delivers the demonstrations and progressions directly to the children, allowing the teacher to do what they do best, teach.

This course is available to students, to gain a practical understanding of how tennis can be delivered in primary schools. The course offers an insight in to the structuring of a primary schools tennis session, the modifications that can be employed and range of innovative resources available to engage and instruct participants. As a result of attending the three hour course, students are provided with a range of Primary Schools Tennis resources, to help them further with their studies.

## Secondary Schools 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 also demonstrates an innovative new resource which has been developed to assist teachers in assessing the ability of pupils against National Curriculum attainment levels, through a range of descriptor cards and film clips.

Attendees on the course are also provided with an overview of other areas of support and resource, including; cross curricular activities, competition, alternative delivery using Cardio Tennis, leadership and volunteering and how tennis can contribute to the delivery of external PE qualifications.

This course is available to students, to gain a practical understanding of how tennis can be delivered in secondary schools.

### More info...

- Find out more about running Teacher Training Courses at your university at: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)
- Why not see how The University of Wales Institute Cardiff approached this by viewing their case study at: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)



## Mini Tennis

Playing tennis is great fun and by using modified equipment and space, everyone can achieve, whether they have played before or not.

Mini Tennis is an established modified version of the sport that has assisted many young children to develop their skills before heading onto the full court.

Realizing the immediate benefit of using shorter rackets, softer balls and smaller courts has encouraged us to introduce these modifications to the more mature learner.

Another great benefit of mini tennis is that you don't need a tennis court – it can be played in a sports hall, allowing more students to participate at a level that is appropriate for them, which improves their achievement, making them want to play again.

## 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 Mini Tennis 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.

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 workout. 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?

## Equipment

Universities applying for a Development Award are eligible to apply for a free Mini Tennis Equipment Pack to support the above.

### More info...

- Find out more about Mini Tennis & Cardio Tennis, including downloadable resources, at: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)
- Contact your local Tennis Development Manager to find out details of local coaches who are trained in delivering Cardio Tennis – details at: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)
- Why not see how University of East London approached this by viewing the case study at: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)



## Linking with Local Places to Play

Universities can link with local tennis clubs, parks or indoor centres to assist in delivering a wide range of activities and to provide students with coaching/volunteering placements.

### Developing a link with a local place to play tennis brings many benefits to universities, including:

- Increased opportunities for your students.
- Raise the university's profile in the community.
- Share facilities and equipment.
- Access expert coaches.
- Healthier and more physically active students – improving standards across the university.
- Increased awareness of exit routes for players, coaches and volunteers.
- Assist in achieving targets, standards and recognition.
- You may be able to negotiate a partnership arrangement – for example free indoor courts for BUCS matches in return for student volunteer help with coaching or refereeing help with their tournaments.

## Clubs

At the heart of British Tennis is a network of more than 2,600 LTA registered places to play – these are made up of clubs that have specialist performance programmes (Satellite Clubs and High Performance Centres) and other clubs, many of which have achieved Tennis Clubmark.

Clubmark is a cross-sport quality accreditation for clubs and the LTA, the national governing body of tennis in Britain, is an accredited partner. Tennis Clubmark is an opportunity for places to play tennis to be recognised for achieving excellent standards and includes all the key criteria of the national Clubmark programme.

## AEGON Parks Tennis

AEGON Parks Tennis aims to increase community access to tennis in parks and communities nationwide. AEGON Parks Tennis is a key programme in British Tennis drive to increase participation and grow tennis at all levels. The long-term aim is to have one beacon site acting as a centre of community tennis excellence in each of the local authority areas in Britain. A Beacon site provides free and affordable tennis for the local community.

### More info...

- You can search for local places to play and coaches at: [www.LTA.org.uk](http://www.LTA.org.uk) – click on 'Education'. Your local Tennis Development Manager can also assist with this process.



## Linking with Coaches

There are many qualified and experienced tennis coaches in Britain, each with their own different skills and experience. It can be hard for universities to choose the right coach for them. When choosing a coach there are three main areas to consider:

### 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 system of qualifications is shown below.

### 2. Accreditation

LTA accreditation includes regular CRB checks, first aid training, full insurance and a commitment to the LTA's code of conduct. ALL LTA accredited coaches and coaching assistants are committed to meeting minimum standards for safety and ethics, as part of our commitment to ensure youngsters of all ages and abilities can play in a quality, safe environment.

#### Look for two types of LTA accreditation:

##### Registration

- Basic accreditation for coaches and coaching assistants.
- Committed to minimum standards for safety and ethics.

##### Licensing

- Only available to fully qualified coaches.
- Committed to minimum standards for safety and ethics, including an enhanced CRB disclosure.
- The best choice for quality, up-to-date coaching.

Remember to check that accreditation is valid.

### 3. Experience

Coaches all have different areas of expertise. Look at your coach's recent experience to see if it fits with what you're looking for.

#### Some key questions to ask your coach:

- Do you have experience of coaching students?
- Have you worked with a university before?
- Do you encourage your players to compete and help plan competition schedules?
- Do you help develop young coaches?
- Have you managed a programme before?
- Can you provide some references and a CV?
- Is there a chance to observe one of your coaching sessions?



## British Tennis Membership

British Tennis Membership brings together the whole British tennis family, whether you are a social player, competitor, a competition organiser or simply enjoy watching and being involved in the sport.

Becoming a British Tennis Member gives you access to a wide range of exclusive benefits, including; entry into the BTM Wimbledon ticket ballot, a player rating so you can enter more competitions, discounts on tickets and gear, and a personalised monthly e-newsletter with updates, insight and tips to help you get more involved.

## Places to Play Registration

Places to play registration replaced club affiliation in October 2010 and now sees all places to play paying a registration fee to their County Association based on the number of courts they have access to on a regular basis.

The standardised fee is applicable to tennis clubs, park based programmes, university clubs, indoor pay and play centres and programmes based on school sites.

Registering your venue with the LTA offers some great benefits, and is the first step toward gaining the invaluable Tennis Clubmark status which will provide you with even more benefits for your club.

## allplay

allplay is a national campaign, brought to you by the LTA, with a simple goal - to help more people play tennis.

allplay is for everyone, people of all abilities, from those who have never held a racket, to players looking to get back into the sport, and even people who have been playing the game for years.

allplay makes it easy to find someone to play of a similar level, find a court to play on in your area and find a coach.

allplay helps coaches and places to play attract more players by providing them with the tools and resources needed to better promote the sport.

allplay also supports everyone that works and volunteers in tennis, by helping them better promote the sport and their places to play.

There are free templates of promotional materials you can customise, along with a simple step by step guide that helps you along the process. There are also suggested ideas and examples of what has worked at other venues, if you're looking for new ways to promote and an opportunity to learn from successful promotions other people have run.

### More info...

- More information about British Tennis Membership is available online at: [www.lta.org.uk/membership](http://www.lta.org.uk/membership) or by calling 0208 487 7000.
- British Tennis Membership can be provided free to all members of your University Tennis Club if it is a registered place to play.
- We are delighted to be able to offer University Tennis Clubs (who have received a University Tennis Development Award) the opportunity to register as a Place to Play for free for the first year, with a reduced payment in the second year.
- More information about Places to Play Registration can be found online at: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)
- Please encourage your students to sign up to allplay at: [www.allplaytennis.com](http://www.allplaytennis.com)
- You can also access a range of editable resource to help you promote your University Tennis Club programme at: [www.allplaytennis.com](http://www.allplaytennis.com)

## Safeguarding in British Tennis

British Tennis is committed to ensuring and promoting the safety and well-being of all children, young people and adults.

It is everyone's responsibility to ensure that children, young people and adults playing tennis are safe, healthy, enjoy and achieve and make a positive contribution at their club.

All Places to Play awarded with Clubmark status ensure that policies and procedures for safeguarding children are in place and that they have a designated safeguarding officer to support with any concerns.

All coaches are encouraged to attend safeguarding awareness training to ensure children and young people have a safe and positive tennis experience.

The LTA Safeguarding Team work closely with the NSPCC Child Protection in Sport Unit and adhere to legislation and government guidance set for children, young people and adults.

### More info...

- The team are experienced in working with clubs, education and local authorities, and can assist with any queries or concerns: [www.LTA.org.uk/childprotection](http://www.LTA.org.uk/childprotection) email: [casework@LTA.org.uk](mailto:casework@LTA.org.uk)



# 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.

## 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, so British Tennis has trained 4,000 young people between 16-25 years old as Competition Organisers in the last three years.

A free 3 hour workshop, designed specifically for 16-25 years olds, can be delivered locally by our Tennis Development Managers, to provide the skills to run a range of competitions.

At the training, attendees will be given a Competition Organisers Toolkit, providing them with all of the tools and resources needed to run competition. Competition Organisers can then play an important role in ensuring we keep more young people in the sport.

## 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 285 teams competing in the BUCS leagues at all levels. Full details of BUCS tennis can be found at: [www.BUCS.org.uk](http://www.BUCS.org.uk)

### More info...

- To access the University Tennis Competition Guide, please visit: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)
- To find out more about the Competition Organisers Workshop, please visit: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)
- Find out more about the British Universities & Colleges Sport (BUCS) competitive tennis programme at: [www.BUCS.org.uk](http://www.BUCS.org.uk)



## University Tennis Leaderboard

The Tennis Foundation and BUCS are working closely together to capture results from BUCS matches. This has led 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

The Tennis Foundation provides support to The European Collegiate Tennis Association (ECTA, which was formed in 2007 to provide opportunities for you to compete both in a team and in an individual environment across Europe.

### 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.



### More info...

- For more information about the University Tennis Leaderboard, please visit: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)
- For more information about ECTA, please visit: [www.ectatennis.com](http://www.ectatennis.com)
- For more information about Team GB's involvement in the World University Games, please visit: [www.bucs.org.uk](http://www.bucs.org.uk)







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For more information visit: [www.tennisfoundation.org.uk](http://www.tennisfoundation.org.uk)

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