



# OUTREACH

'TRANSFORMING SCOTTISH  
COMMUNITIES THROUGH TENNIS'

WELCOMING | ENJOYABLE | INSPIRING

# WHO ARE WE & WHAT DO WE DO?

## TENNIS OPENED UP FOR SCOTLAND

Tennis Scotland is the independent governing body for tennis and padel in Scotland and provides support to member clubs and organisations. Our aim is to grow tennis and padel by making them welcoming, enjoyable and inspiring.

## OUR MISSION

- Building stronger venues at the heart of our community, making tennis **inclusive**
- Building a world-class player development pathway, **inspiring** the next generation
- Developing a range of facilities and venues fit for the future of our sport, making tennis **welcoming and enjoyable**
- Growing and developing a world-class, **collaborative** workforce, ensuring an **inclusive** sport
- Delivering a range of **inspiring** events and competitions to experience and showcase tennis
- Growing and developing resources and assets to deliver an effective and **ambitious** organisation

## SCOTTISH TENNIS IN NUMBERS

84,500

CLUB MEMBERS (ALL-TIME RECORD)

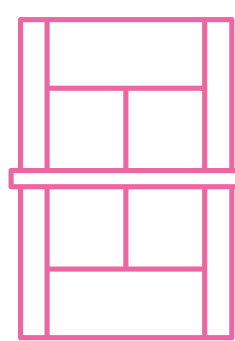
700,000

ANNUAL PARTICIPANTS



290

CLUBS & VENUES



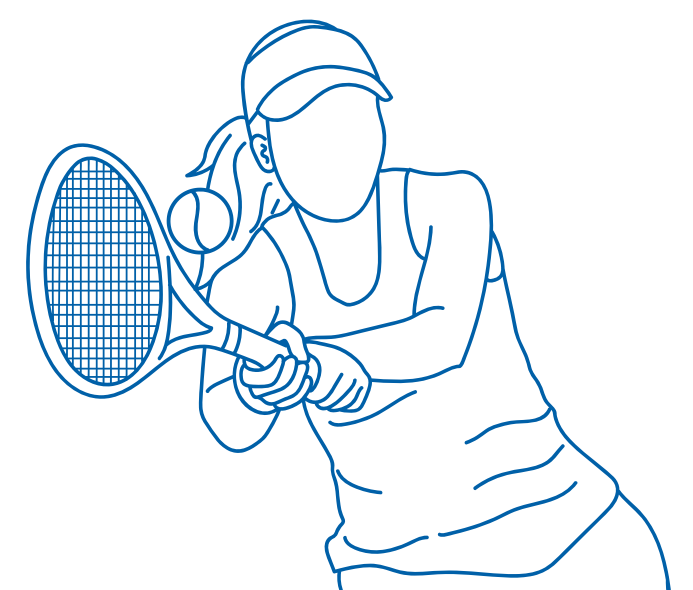
600

ACCREDITED  
COACHES



17,000

COMPETING PLAYERS



FOR MORE INFORMATION ABOUT TENNIS SCOTLAND  
PLEASE CONTACT:

[info@tennisscotland.org](mailto:info@tennisscotland.org)



sportscotland  
the national agency for sport

Tennis  
SCOTLAND

# NATIONAL SCHOOLS

WE WANT EVERY CHILD IN SCOTLAND TO HAVE THE CHANCE TO TRY TENNIS

## LTA YOUTH SCHOOLS PRIMARY & SECONDARY TEACHER TRAINING

Completing free online LTA Youth Schools training enables teachers to deliver tennis as part of PE lessons. On completion of the course, schools also receive a tennis equipment pack or **£250** voucher to redeem on sessions delivered by a local coach.



### TENNIS LEADER

Designed to develop leadership skills both on and off the court, Tennis Leaders training is a free programme for young people, aged 11–18 years old, with all levels of tennis abilities.

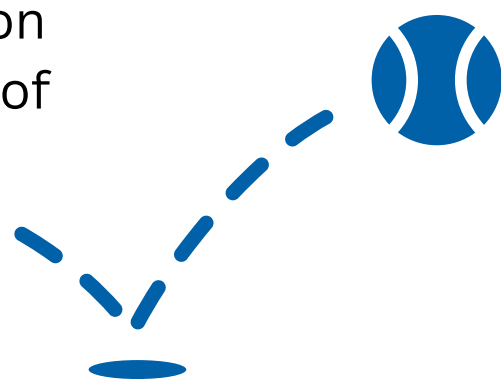


Upon completion of the course, students earn a certificate for each module completed and a workbook for reference.



### SCHOOL SKILLS FESTIVAL

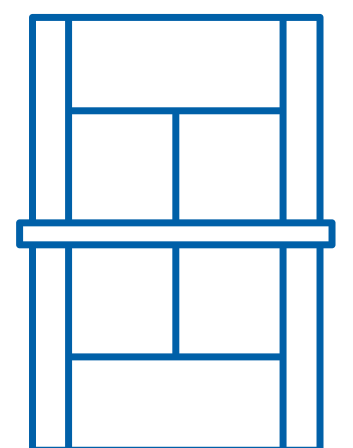
Skills festivals are mass participation events which include young pupils of all ages in tennis through fun and engaging activities with other schools at leisure centres, parks or local tennis venues.



Tennis Scotland provides support to deliver events alongside partners such as local authorities and Active Schools.

### LINKS WITH LOCAL CLUBS & COACHES

Support is available from Tennis Scotland to develop links between schools and local clubs in the community. These links will create a strong pathway from tennis activity in schools to a local tennis club or coaching programme which will progress each young person's tennis journey.



**FOR MORE INFORMATION ABOUT OUR SCHOOLS PROGRAMME**

**PLEASE CONTACT:**

[development@tennisscotland.org](mailto:development@tennisscotland.org)

**LTA**  
**YOUTH SCHOOLS**

**sportscotland**  
the national agency for sport

**Tennis**  
SCOTLAND

# OPEN COURT

## WHAT IS OPEN COURT?

Open Court provides disability-specific sessions for tennis and padel – including adaptations for learning disability, wheelchair, visually impaired and deaf players.

It supports people in clubs, parks, community and education as well as everyone else involved in tennis and padel, including coaches with a similar interest and who share our vision to open tennis up to people from all backgrounds.



## AVAILABLE SUPPORT

A package of equipment and support enables venues to increase opportunities for disabled players.

## THIS INCLUDES:

- Provision of an adaptive equipment bag with rackets, balls, net and range of equipment (worth £350) to help make sessions flexible and fun.
- Funding support to cover start-up costs and get your activities up and running so that you have time to make them sustainable in the long term.
- Disability awareness/activator training is provided for your coaches, volunteers and venue staff.

## YOUR COMMITMENT

To be part of our Open Court Programme your organisation or venue needs to commit to the following for 12 months (ideally Jan – Dec):

- **Engage** with your **local and regional** disability groups and organisations to promote your offer and attract participants to your venue.
- Deliver high-quality, **disability specific** tennis sessions on a **weekly and/or monthly** basis.
- **Engage participants** – specifically people who have a learning disability, a physical disability or a mental health problem and are in the under 35, BAME and women and girls' groups.
- Complete the required **monitoring and evaluation survey** twice per year

**FOR MORE INFORMATION ABOUT HOW TO GET INVOLVED  
PLEASE CONTACT:**

[development@tennisscotland.org](mailto:development@tennisscotland.org)



# LTA SERVES

## ABOUT THE PROGRAMME

LTA SERVES is our industry-leading sport-for-development programme which takes tennis into the heart of local communities. It takes tennis and its benefits to places it has never been played before and to people who may have never picked up a racket, or thought tennis was for them. LTA SERVES targets children and young people aged **4-18 years**, from a diversity of backgrounds and underserved communities.

### LIGHT PACKAGE

DELIVER TENNIS MINIMUM 12 WEEKS PER YEAR AND RECEIVE:

- Free Tennis Activator Training
- Free Equipment Pack
- Free Fundraising & Income Generation support
- Access to wider opportunities to play tennis
- Support meetings from our team
- Complete a quick and simple SERVES Survey (quarterly)

### STANDARD PACKAGE

DELIVER TENNIS MINIMUM 36 WEEKS PER YEAR AND RECEIVE LIGHT PACKAGE +

- Access to free Social Impact Toolkit
- Access to Tennis Leaders course (11-18 years)
- Mentoring support for Tennis Activators
- Access to Tennis Coaching Qualification Grants



### HOLIDAY PACKAGE

DELIVER TENNIS MINIMUM 6-12 WEEKS DURING SCHOOL HOLIDAYS AND RECEIVE:

- Free Online Tennis Activator Training, Free Starter Equipment Pack
- Free Fundraising Support to sustain tennis sessions for longer
- Access to LTA SERVES - Game, Set, Empower Toolkit Bitesize
- Access to wider opportunities to play and access tennis - Barclays Free Parks Tennis

Commit to complete a quick and simple LTA SERVES Survey (this will be sent to you after the summer holiday each year you deliver).

**FOR MORE INFORMATION ABOUT HOW TO GET INVOLVED**

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# FREE PARKS TENNIS

## WHAT IS FREE PARKS TENNIS?

Free Parks Tennis gives players the chance to meet new people, enjoy free exercise with a full-body workout and practise your skills.

Each week you can sign up to a session at your local park court – no matter your age, background or ability – and play tennis for free.

[FIND A COURT NEAR YOU](#)

## WHERE ARE THE COURTS?

Across Scotland there are **46 park venues** and **163 courts** offering free tennis every weekend. Coach-operated sites provide a busy calendar of activity, including beginner lessons and competitions for all ages and abilities.

## WHAT HAPPENS NEXT?

If you decide you want to carry on playing, we'll point you in the right direction – whether you want to get some more coaching, join another group session or start playing a bit more competitively, we've got something for you.



## WHAT'S INCLUDED?

- We provide rackets, balls & equipment
- A free workout, getting you outdoors
- Fun games & exercises to improve skills
- Adults & children can play together, making sessions family friendly
- Join us as many times as you like each month

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# OTHER INITIATIVES

## 'SHE RALLIES' INITIATIVE

**We're committed to delivering impactful initiatives which ensure a more equitable future for women & girls in tennis & padel.**

**Our focus is on three key themes:**

**Visibility** – continue to improve the profile of women's tennis and padel, on and off the court, including in leadership roles, ensuring women are valued and celebrated across all levels of the game.

**Participation** - continue to reduce the gender gap across all frequencies of play for adults and juniors.

**Workforce** - inspire and enable a growing workforce of women, and educate allies, to empower women in all roles across our sport.



# 50%

of junior players  
aged 4-15 are  
female

## SHE RALLIES AMBITION

**To continue to lead the way for women and girls in sport, and for tennis and padel to become truly gender-balanced sports in every respect**

## TENNIS 4 RACE AGAINST DEMENTIA

**Tennis 4 RAD is a not-for-profit initiative which aims to increase access to tennis for people aged 50 and over.**

Our inclusive programme promotes tennis as one of the best activities to support and improve healthy cognitive ageing – while also supporting Sir Jackie Stewart's Race Against Dementia charity.

Get involved - <https://www.tennis4rad.org/>

## RALLY ALLIES

**The Rally Allies programme, delivered by Pride in Tennis, offers venues education to help develop more inclusive environments for LGBTQ+ people.**

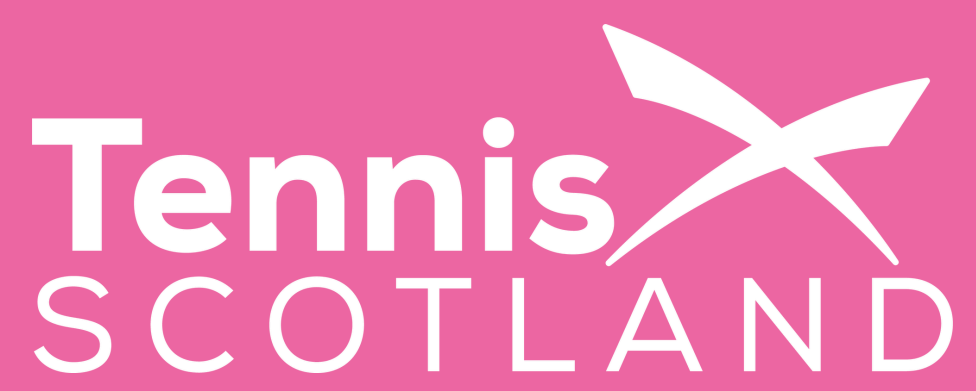
By educating on issues such as the barriers to sport for LGBTQ+ people and how to be an LGBTQ+ ally, the initiative encourages more venues to take positive action to be visibly LGBTQ+ inclusive, such as through hosting their own Pride Days.

Get involved - <https://www.prideintennis.org.uk/rallyallies>

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