

# **Section 2:**

# **Tennis programmes**

# Section 2 - Tennis programmes

## Introduction and Tennis Clubmark requirements

Delivering 'year round' coaching and appropriate competition is vital if you are to keep your club vibrant and your members motivated to come back to you, time and again.

A variety of coaching sessions needs to be offered, to cater for customers of all ages and abilities. And whilst coaching programmes are really important, most players also want to compete at some level, so make sure you run a range of competitions to keep your members challenged!

A key objective of the LTA is to create more opportunities for more players to compete on a regular basis, with a particular emphasis on juniors. Clubs play a vital role in assisting the LTA to meet this objective. Together we can ensure that we get as many young players as possible on the winning player pathway.

The LTA's county-based delivery team and volunteers are here to assist you in developing tennis programmes that will help your club become more successful.

## 2.1 - Tennis programme

A requirement of Tennis Clubmark is that you produce a documented tennis programme, listing all your tennis coaching and competition activities for adults and juniors, and detailing who is responsible for their delivery. Understanding what you deliver will help you identify any gaps in your programme and to plan for its successful expansion.

The head coach in your programme must be an LTA Licensed Coach who is based at a club or facility affiliated to the LTA. To continue to be recognised as a Tennis Clubmark club you will need to always make sure your head coach is licensed.

You should also ensure that your tennis programme is inclusive and can accommodate all members of the community who wish to participate. You should consider the needs of all individuals when planning your tennis programme and ensure that coaching sessions and competitions are planned with the needs of all individuals in mind.

### **Requirements for meeting Tennis Clubmark criteria**

Submit a copy of your club's inclusive tennis programme.

## 2.2 - All year round coaching programme

It is very important that clubs provide a comprehensive all year round coaching programme for juniors and adults. The key requirements for Tennis Clubmark are:

- Year round coaching sessions that introduce beginners of all ages (from 5 years old) using red, orange and green balls, suitable equipment and an appropriately sized court.
- Year round coaching sessions for players of all ages and abilities to enable progression.
- A range of holiday coaching activities.
- A player/coach ratio that meets LTA guidelines (see below).

Age	Ratio
4 years	1:4
5-6 years	1:6
7-8 years	1:8
8-9 years	1:10
10 years +	1:12
Performance groups (8 and over)	1:4 – 1:6

These rough guidelines and are subject to the experience of the coach and players, and the purpose of the session.

#### **Requirements for meeting Tennis Clubmark criteria**

Provide a summary of your club's summer and winter coaching programme, demonstrating that the above criteria are being met.

### **2.3 - All year round competition programme**

It is very important that clubs provide a comprehensive all year round competition programme for juniors and adults. Competition is a vital component in developing young tennis players as well as ensuring that members are motivated to keep playing.

The key requirements for Tennis Clubmark are:

- Competition integrated into all coaching sessions.
- An all year round planned structure of regular intra-club competition for all ages and abilities.
- Opportunity for players to take part in regular inter-club competitions or leagues.
- Hosting of inter-club competition/leagues at all levels.

#### **Requirements for meeting Tennis Clubmark criteria**

Provide a summary of your club's summer and winter competition programme, demonstrating that the above criteria are being met.

### **2.4 - Talent attraction, identification and development programme**

To maintain a steady flow of British world-class players we must be able to spot potential performance players at a young age. Having identified those with the skills to become the top players of tomorrow, we can then provide the right coaching and support. All clubs have a key role to play in **attracting** potentially talented players, **identifying** talented players and ensuring that talented players are **fully developed**.

The LTA has put in place a robust, systematic player development structure that every player, coach and parent can understand. In the past there has been too much confusion.

**The role of clubs is:**

**Talent attraction** – attracting young players into tennis, from all parts of the local community, and providing quality tennis programmes to keep them in the game and competing regularly.

**Talent identification** – identifying young players with a natural talent for the game, athletic ability, keenness and a love of tennis, the appetite and potential to improve basic technique, and the desire and ability to compete in matches and tournaments on a regular basis. Clubs and coaches should use the LTA's talent identification systems and procedures to identify talented young players, ensuring that they are seen by talent and performance co-ordinators at county, regional and national talent identification days. At these talent identification days, our coaches will assess hundreds of young players, based on their tennis skills, co-ordination and athletic ability.

**Talent development** – once identified, talented young players need to be provided with the right development programmes, and high quality training and coaching, as well as regular competition. Extra support is always available for clubs and coaches that are nurturing talented young players – your county office and your talent and performance co-ordinators are ready and waiting to offer assistance.

#### **Requirements for meeting Tennis Clubmark criteria**

To meet the requirements of Tennis Clubmark you will need to outline your club's talent attraction, identification and development programme. This should be developed in conjunction with your county office, as it must be correctly aligned with the LTA's talent identification and development system.

## **2.5 - Links with schools**

Clubs play a key role in developing successful partnerships and links with schools. These links are central to the recruitment of more youngsters into your junior sections.

Tennis Clubmark clubs should link with at least 1 local school. As a minimum, you should give details of your club to local schools. Ideally, you will aim for a comprehensive programme of interaction, including regular tennis activity at the school(s), visits by the coach and opportunities for school pupils to play at your club.

#### **Requirements for meeting Tennis Clubmark criteria**

You must develop and document links with at least 1 local school. You should also put in place a club-school partnership agreement with all the schools you work with.

## **2.6 - Links with other clubs**

This is not an essential requirement of Tennis Clubmark. However, clubs can gain substantial benefit from linking with other tennis clubs in their local area. For example, you can share coaches and work together to deliver competitions.

#### **Requirements for meeting Tennis Clubmark criteria**

This is not an essential part of Tennis Clubmark, but it certainly is good practice to find a club, satellite club or High Performance Centre that you would like to work with.

## **2.7 - Appropriate facilities**

Each stage of Ariel Mini Tennis has specifically designed rackets, balls and courts to suit the size and ability of the player. Adult rackets and balls are not suitable. Adapted equipment, such as shorter rackets and low bouncing balls, allows children, disabled people and those who are new to tennis to develop tactics, construct points and get maximum enjoyment out of the game.

To become Tennis Clubmark accredited you must commit to using appropriate rackets and balls at each stage of Ariel Mini Tennis (including play outside of lessons) and, ideally, provide permanently marked red and orange courts. If permanently marked courts cannot be provided then temporary lines should be used to mark modified courts.

Access to quality tennis playing facilities and appropriate ancillary facilities (e.g., clubhouses and toilets) should also be provided for your members. You must also consider whether your club's playing and ancillary facilities are accessible to disabled people, and take steps to make reasonable alterations to improve accessibility.

### **Requirements for meeting Tennis Clubmark criteria**

Details of your club's playing and ancillary facilities, together with a commitment to using appropriate equipment and ensuring facilities are accessible.

## **2.8 - Attendance registers**

It is good practice for clubs to record attendance at junior coaching sessions and competitions.

### **Requirements for meeting Tennis Clubmark criteria**

Submit copies of your junior attendance records and explain how these records are maintained.

# Section 2 - Tennis programmes

## Criteria

Here is a summary of the information you need to produce and enclose within your evidence file to satisfy the requirements of section 2.

### Section 2 - Tennis programmes

Ref	Criteria	Evidence required	Essential/ Desirable
2.1	<p><b>Inclusive tennis programme</b></p> <ul style="list-style-type: none"> <li>• A documented inclusive tennis programme.</li> <li>• The head coach in your programme must be an LTA Licensed Coach who is based at a club or facility affiliated to the LTA.</li> <li>• To continue to be recognised as a Tennis Clubmark club you will need to always make sure your head coach is licensed.</li> </ul>	Copy of the club's inclusive tennis programme	Essential
2.2	<p><b>All year round coaching programme</b></p> <ul style="list-style-type: none"> <li>• Year round coaching sessions that introduce beginners of all ages (from 5 years old) using red, orange and green balls.</li> <li>• Year round coaching sessions for players of all ages and abilities to enable progression.</li> <li>• A range of holiday coaching activities.</li> <li>• A player/coach ratio that meets LTA guidelines.</li> </ul>	Summary of the club's summer and winter coaching programme	Essential
2.3	<p><b>All year round competition programme</b></p> <ul style="list-style-type: none"> <li>• Competition integrated into all coaching sessions.</li> <li>• An all year round planned structure of regular intra-club competition for all ages and abilities.</li> <li>• Opportunity for players to take part in regular inter-club competitions or leagues.</li> <li>• Hosting of inter-club competition/leagues at all levels.</li> </ul>	Summary of the club's summer and winter competition programme	Essential

Ref	Criteria	Evidence required	Essential/ Desirable
2.4	<p><b>Talent attraction, identification and development programme</b></p> <ul style="list-style-type: none"> <li>You must be able to demonstrate how your club works to attract young players, identify those who are talented and develop their abilities.</li> </ul>	Details of the club's talent programme	Essential
2.5	<p><b>Links with schools</b></p> <ul style="list-style-type: none"> <li>Link with at least 1 local school.</li> <li>As a minimum, you should give details of your club to local schools.</li> <li>Ideally, you will aim for a comprehensive programme of interaction, including regular tennis activity at the school(s), visits by the coach and opportunities for school pupils to play at your club.</li> </ul>	Documented club-school links	Essential
2.6	<p><b>Links with other clubs</b></p> <ul style="list-style-type: none"> <li>Not an essential part of Tennis Clubmark.</li> <li>However, clubs can gain substantial benefit from linking with other tennis clubs in their local area.</li> <li>For example, you can share coaches and work together to deliver competitions.</li> </ul>	Summary of your relationship with other clubs	Desirable
2.7	<p><b>Appropriate facilities</b></p> <ul style="list-style-type: none"> <li>A commitment to using the correct courts and equipment (rackets, balls, nets) for red, orange and green.</li> <li>Access to appropriate tennis courts for older juniors and adult players.</li> <li>Access to appropriate ancillary facilities.</li> <li>Commitment to ensuring your facilities are accessible to disabled people.</li> </ul>	Details of the facilities and a commitment to the use of appropriate equipment	Essential
2.8	<p><b>Attendance registers</b></p> <ul style="list-style-type: none"> <li>The club records attendance at junior coaching sessions and competitions.</li> </ul>	Copies of attendance records and the process for their completion	Essential

# Section 2:

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## Resources

The LTA has produced the following resources to help you complete this section of your Tennis Clubmark folder:

- Recommended structure for an inclusive tennis programme (2.1)
- Winter and summer coaching programme template (2.2)
- Winter and summer competition programme template (2.3)
- Guide to producing a tennis attraction, identification and development programme (2.4)
- Links with schools – activities checklist / summary of schools programme template (2.5)
- Links with clubs – summary of you relationship with other clubs (2.6)
- Ariel Mini Tennis – a guide to courts and equipment (2.7)
- The Disability Discrimination Act frequently asked questions (2.7)
- Attendance register template (2.8)

# **Section 2: Tennis programmes**

**Evidence file**

# Section 2 - Tennis programmes

## Evidence File

We enclose the following evidence in support of our club's Tennis Clubmark application:

(Please **tick** all the relevant boxes to confirm the evidence you have enclosed.)

### Section 2 - Tennis Programmes

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2.2	<p><b>All year round coaching programme</b></p> <ul style="list-style-type: none"> <li>• Year round coaching sessions that introduce beginners of all ages (from 5 years old) using red, orange and green balls.</li> <li>• Year round coaching sessions for players of all ages and abilities to enable progression.</li> <li>• A range of holiday coaching activities.</li> <li>• A player/coach ratio that meets LTA guidelines.</li> </ul>	Summary of the club's summer and winter coaching programme	Essential	

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