

It has been a very strange year for Southbourne Tennis Club and for my Coaching company and the other self-employed coaches. We had one of the wettest winters in history followed by Covid where all coaching was put on hold all over the Summer term, normally our busiest period. In all we have had to attend with some very difficult working conditions and the struggles of the financial impact. Through all these tough times the coaches have kept their heads up and stayed positive. We appreciate all the support from the club and the regular tennis players who are still keeping up with their lessons.

This year we have tried to continue to sustain most of our Disability Tennis Programme and community Tennis Programme. This has continued to give the opportunity to people who may not been able to access the sport. Southbourne Tennis Club is still a leader in disability tennis in the county and the country. As a result of this I was awarded the County & Regional Disability Award and put forward into the top 8 in the Country.

We have been part of the LTA Tennis for Kids programme giving around 20 new children a chance to play tennis for the first time and 12 new adults.

The main aim of the coaching is to be more pro-active and provide a better facility for tennis coaching at the club and in the county.

A big thanks to Zoltan Horvath, Matt Sanger, Ray Burningham, Sally Revell, Shuei Belcher, Liana Hodgson, Sarah Males, Dimitri Antonio, Jack Westfield, Emily Pardy, Tom Birch, Matilda Brown and Jenny Hawkes who all help with the coaching, running tournaments and the disability programme at the club. More volunteers are always welcome.

This report details more news from the rest of the year.

#### **[U14 Road to Wimbledon Club Competition](#)**

No Competition held this year

#### **[Junior Club Sessions](#)**

**Saturday Morning 10am – 11.30am & Monday Night 6-7pm**

##### **Aims of session:**

To keep children active for 1 to 1.5 hours. Improve knowledge and skills of tennis.

##### **Objectives:**

The sessions are run offering fun competition and fun games making the sessions fun and challenging. There has been a high of about 20 children turning up on Monday evenings. Ultimately juniors will be able to progress from the Improvers group to the Intermediate group, from the Intermediates into Junior Teams, from Junior Teams into Senior Club Sessions (with approval from Coaches and Committee), from Senior Club session to play in Senior Matches for the club.

### Adult Groups

**These groups are based around standard. These are open to all members to help improve their tennis skills and knowledge.**

**There are currently around 50 adults taking part in these groups ranging from beginners, improver to advanced and from 18 – 90. Also cardio tennis has around 8 adults taking part.**

#### **Aims:**

Improve standard of adults, Improvement of knowledge of performance factors. which involves technique, tactics, mental and physical parts of tennis.

To improve competition in club. Improves standard of tennis being played and will lead to more players involved in the club and coaching programme.

#### **Objectives:**

Help players improve technique, tactics, mental and physical parts of tennis. Progress players into club sessions, into teams and into club tournament.

**There has been a steady increase of adults playing more regularly and enjoying their tennis.**

### Junior Squads

**These groups are based around standard and age. These are open to all junior members to help improve their tennis skills and knowledge. Each group will on average have no more than 8 children per coach.**

**There are currently around 30 children taking part in these squads ranging from junior improver to junior performance.**

#### **Aims:**

Improve standard of children aiming at Club to County standard if not higher. To improve general competition in club. Improves standard of tennis being played and will lead to more performance players involved in the club coaching programme.

#### **Objectives:**

Improvement of knowledge of performance factors which involves technique, tactics, mental and physical parts of tennis. Players progress into junior teams and ultimately into Senior Club play and teams.

**There has been a steady increase of juniors with LTA ratings who want to play in club matches and individual tournaments.**

### Mini Tennis Programme

Starting with numbers; **Mini Tennis Term Club Membership for all Under 10's is included in coaching course fee &** Total numbers for the year for Mini Tennis Members was 120.

We have been hard at work increasing the number of children under 10 participating in Club coaching sessions and in Mini tennis events. This has also aided in strengthening our links with St Katherine's School, St Peters & Christchurch Infants & Junior Schools & Priory Primary School & Corpus Christi. We have over 60 players in our Schools programme although this is on hold at the current time.

### Competition Programme

We run a comprehensive competition programme as part of the LTA schedule and the clubs programme. Adult Box leagues have been popular using the Scala App system.

### Disability Tennis Programme

The disability work is going well although some of the groups are unable to go ahead currently.

Starting with numbers; Total number playing over a month is 71.

This breaks down to;

12 players playing in mainstream sessions, (1 transplant player, 4 Learning disabilities, 4 deaf players, 3 mental dis)

Impairment specific groups;

23 physical/wheelchair players, (7 Adult players, 3 Junior players, 1 Boscombe connect day centre, 12 from Victoria Centre.

27 Learning disability players, (16 people for our P&P LD session, 6 with SCARF children's group. DS Active Session added with 5 attending)

6 Physical / Mental disabilities, (Day centre 6 players)

3 Visually impaired players. (3 Junior VI).

Developments using funding from LTA;

We have a weekly session with Victoria School with 6-8 players with physical disability. We have now finished the 4<sup>th</sup> year of our Schools Hub with Victoria Education Centre.

Our LD session has gone from strength to strength. We have 20 players on our register and have had 15 players to some of the weekly sessions.

Junior DS Active session added Sat 11.30-12.30pm with 5 attendees

### Girls Tennis Programme

We have a girl only sessions on a Friday at 5pm for girls ages 10 and over, we have a regular number of between 10 – 16 girls attending.

### Funding support for Disability and Community funds

- **Tennis Foundation £4000 towards the whole Disability programme**
- **£500 from local Giving towards Children's disability tennis**

**David Sanger**

**Head Tennis Coach**