

It has been a mixed year for Southbourne Tennis Club and for the coaches. Covid lockdown took away Jan-March where all coaching was put on hold all over the Spring term. However, since April we have seen a steady rise in tennis and particularly players on the coaching programme. 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.

We have been part of the LTA Tennis Start programme giving around 30 new children a chance to play tennis for the first time and 12 new adults.

We have also been part of a BCP Initiative to get more people active and giving an opportunity to have a go at tennis. We hosted 2 demo days, one at Christchurch Quay and one at Churchill Gardens which were both a massive success and lots of people playing tennis.

We also had a demo coaching day for members with Bright Ideas Tennis charity who came along with Danny Sapsford and Lucy Shuker (Silver medallist at the Tokyo Paralympics). This was a great success.

A big thanks to Zoltan Horvath, Matt Sanger, Ray Burningham, Liana Hodgson, Laura Phillips, Sarah Males, Emily Parady, Tom Birch, Matilda Brown 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.

Junior Club Sessions

Saturday Morning 10–11am & Monday Night 6-7pm

Aims of session:

To keep children active for 1hours. 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 55 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 40 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.

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 Primary School. We have over 40 players in our school's programme.

Competition Programme

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

Disability Tennis Programme

The disability work is going well. We were chosen to do an interview on BBC South Today and appeared as a case study on the LTA website.

Starting with numbers; Total number playing over a month is now 109 - 48 adults / 61 children.

This breaks down to;

Impairment specific groups;

14 adult / 8 children physical/wheelchair players, (1 adult transplant player, 6 walking tennis, 7 Adult wheelchair players, 2 Junior wheelchair players, 6 wheelchair players from Victoria Centre.

20 Adult / 48 children Learning disability players, (2 adult learning disability mainstream, 18 people for our P&P LD session, and 28 from Linwood Schools and 8 with SCARF children's group. DS Active Children's Session added with 8 attending, 8 players with Lifeskills Autism Portfield School, 4 children Learning disabilities)

10 Adult Mental disabilities, (Boscombe Day centre 4 players, Stourcliffe Home 3 players, 3 adult mental dis/dementia)

3 children Visually impaired players.

2 Adult / 2 children deaf players

Developments using funding from LTA;

[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](#)

- [Primrose Fund £1500 towards our wheelchair, day centre and DS Active sessions.](#)
- [Local giving £500](#)
- [The Arnold Clark Fund £1000 toward Disability tennis](#)
- [Talbot Village Grant £2000 towards disability tennis](#)
- [Fundraising £500](#)

David Sanger

Head Tennis Coach