



LTA UNIVERSITY PROGRAMME TOOLKIT - TIER 1



Contents

- 02 Developing your weekly programme
- 03 Assessing your programme
- 04 Developing your competition offer
- 05 Developing your workforce
- 06 Competition organisers course
- 07 Performance management
- 09 Team trials
- 10 Useful links
- 11 Rules and Regs
- 12 How to work with your local venue
- 13 Register your venue

Developing your weekly programme

Tennis is an amazing sport. Anyone can play; whatever their motivation or ability, from all communities and backgrounds, providing a whole lifetime of physical, social and mental rewards both on and off the court. We believe tennis should be ‘opened up’: accessible, welcoming and enjoyable for all levels of player.

Below is a training video for university students and staff which discusses ideas for developing tennis programmes. Drawing on experience and examples from a range of universities, it is full of practical tips and signposts to resources which can support you in the drive to develop tennis at your university.

To help you decide your priorities and plan future actions on developing your programme you can use the action plan template.

[Click here to access the template](#)





Assessing your current programme

The power point below will take you through how to assess your current programme and give you some ideas for taking it to the next level

[Developing your weekly programme](#)



Developing your competition offer

There are many ways to develop your competition offer from:

- Entering teams into the BUCS leagues
- Organising individual competitions
- Club Championships
- IMS Leagues
- Social tournaments

The best way to develop quickly is to identify someone who is willing to take on the role of competition organiser and get them on the LTA competition organiser course.

See later in the document for details of our student competition organiser and Referee Course

Developing your workforce

We believe in a 'students developing students' approach and have a variety of training courses and qualifications to help train your students to deliver on your programme or in the local community.

Useful links



<https://www.lta.org.uk/workforce-venues/coach-teach/tennis-coach-qualifications/>



www.lta.org.uk/schools



Here you will find more details of our coaching qualifications, and our Teacher Training Courses. See later in the document for details of our student Competition Organiser and Referee Course



Competition Organisers Course

Students have the opportunity to attend the Competition organiser course for FREE (normally £25 per person) and gain the skills and understanding to deliver match play competition as well as much more.

The competition organiser course is a three hour course, completed via Zoom, which is a starting point for people who want to run local Grade 6, Grade 7 and ungraded competitions as well as organising larger tournaments.

The aim of competition organiser course is to provide attendees with the knowledge and skills to run enjoyable competitions.

The course covers the following areas:

- Competition framework, ratings and rankings
- Running a competition from start to finish from competition creation to submitting results
- Formal and informal competition formats
- How to create an enjoyable competition experience

The course will count for 3 Officials Licence and Coach Licence credits for those who already hold either Licence.

Organising your Matchplays

On completion of your Competition Organiser Course, your competition organisers will be required to deliver three Matchplay events across this academic year for students at your university. They can be for anyone or a group of your choice.

Student Competition Organisers will learn all of the skills to deliver the Matchplay as part of the course but at this stage it would be worth starting to think about potential dates for your events and securing the courts.



BUCS Team - Performance Management

Introduction

In order to improve your results in the BUCS leagues, you can follow some basic 'performance management' planning principles to give your team the best chance of performing well in the key fixtures. This document is designed to ask you some key questions and provide some information as guidance. Some of the points will be relevant and some not, whilst some may prompt new ideas.

Team goals

Do you meet to set team goals together? Is it promotion, winning a key fixture, winning the knockout competition? What were last year's goals? What can be learned from last year? Do you then discuss what will be needed to achieve these goals? You can use some of the prompts below for your discussion and establish the way forward.

Recruitment and selection

At Fresher's Fair, do you have a series of questions designed to establish who the best new players are and their intended level of commitment? How professional are your team trials? Do you have an on-going open-door policy for selection to allow for players improving quickly or new players arriving at the university? When are players selected?

Training

Performance is often a question of input and output. The more you train, the luckier you get. Do you organise a pre-season training week? Can you combine training with local club training for those who want extra sessions? Do you employ a team coach? Do they attend matches? Can you organise extra match play sessions for your team or a structured physical or mental training programme? Is your training at the best time of the week for Wednesday matches? Are there local tournaments in the early part of the season you can identify to get your players match tight?

Doubles pairs

Do you look to identify regular doubles partnerships? Are they given time in training to work on their doubles strategy together? Are they encouraged to play local tournaments together? Does your best pair enter the BUCS Doubles Championships?

Key fixtures

Do you plan for your key fixtures? If they are away fixtures on a different surface, can you plan to practice on that surface during the week before? Are all your players made aware of the key fixture dates? Are they asked to keep the date available?

Team Spirit

Team spirit comes from an agreed set of values which you can meet to discuss. See the video below for how this is done in the GB student Team:



Team Trials

Team trials can be a minefield and its important to take time in planning an event that has the potential to cause players to become disengaged, if they feel they are unfairly treated.

The principles in this video will help make it a positive experience

Team Trials

Watch Now



Useful links

- [BUCS Tennis Webpage](#)
- [How to enter an BUCS event](#)
- [Entering teams on BUCS Play](#)
- [Find a competition - LTA](#)
- [Guide to running internal tournaments](#)



Rules and Regs

Useful links

Regs to be aware of are:

General REGS

REG 11 - Team selection

REG 12 - Playing under protest (PUP)

Tennis Sport Specific REGs

Sport Specific Affiliations - Ranking Windows

Appendix 2a



Working with a local venue

If you have a tennis venue within easy reach of your university, it may be worth exploring potential links, as it could be mutually beneficial.

Making contact

The first step is to contact the club/venue and find the best person to meet with. This could be the club chair/venue manager or club coach. You can find your local venue and contact details here: <https://www.lta.org.uk/play/find-a-tennis-court/>

Initial meeting

The initial meeting could have an agenda of:

- Introductions
- University tennis overview
- Potential ways of working together

University tennis overview

Following the introductions, as part of 'University tennis overview', explain about university sport and university tennis as they may not know anything about how you operate. Here is some text you can base your overview on:

Sport is central to university life with Wednesday afternoons being reserved for sport, student sports clubs run for students by students with these clubs taking part in 27,000 BUCS fixtures across the season. We have a student tennis clubs with XX members and XX teams playing in the BUCS Leagues. The club is run by our student tennis club committee who organise a weekly competition and playing programme for all their members.

The university year is not a typical tennis year in that students arrive in September and finish their exams in June, meaning the key months for their tennis clubs are October to May. Some students will stay around during the summer particularly if they have some work experience or have paid for their student accommodation but many will travel or return home.

We are part of the LTA university programme supporting universities to develop their tennis and encouraging them to find local partners such as tennis venues to help increase student participation.

You can find out more about the LTA is university programme here: www.lta.org.uk/universities

Working together

You may already have a specific request of the venue such as indoor courts, but here are some suggestions which you could explore:

- Are there indoor or outdoor courts available on a Wednesday afternoon for either BUCS matches or social play? These times are often ideal for clubs as there is often less activity during the day. Are there any other dead times that could be made available? Could there be discount in return for assistance on the venue's own programme? See below.
- Are there opportunities to tie in with the venue's own programme, perhaps offering a student discount? This could be for social play, coaching sessions or higher-level team practice.
- Is there a student discount for membership that could be promoted to the student tennis club?
- Is the venue running any tournaments, competitions that the students could play?
- Are there any opportunities for students who may have tennis coaching qualifications, refereeing qualifications or social media experience which the venue may be able to benefit from.



LTA VENUE REGISTRATION: Universities Tennis

LTA SUPPORT AND BENEFITS TO BRING YOUR UNIVERSITY TOGETHER THROUGH TENNIS.

Venue Registration is the LTA's membership scheme for tennis and padel venues. It provides a range of tailored and affordable support packages for your venue. This document outlines the support and resources the LTA offers over 9000 registered venues across the Great Britain to make tennis relevant, accessible, welcoming and enjoyable.

YOUR BENEFITS: _____



Our partnership approach involves supporting universities to deliver against the following outcomes:

- More students given the opportunity to play and enjoy their university experience through tennis
- More students having the opportunity to compete in appropriate competition
- More students supported to develop their employability skills through tennis

To find out more about the different levels of support, email alistair.higham@lta.org.uk

ADVANTAGE

Members of Qualifying LTA Registered Venues can join 'Advantage' membership for free, giving access to prize draws and exclusive features. [Click for more info](#)



Simple and flexible online venue management tool, allowing venues to administer court booking, membership, coaching websites and much more. [Click for more info](#)



ADDITIONAL BENEFITS:

- **Business Support:** A range of resources, support and guidance in managing a successful tennis offer for your university. All backed up by a range of selected partners, such as the LTA Buying Group, Quickbooks, Life Fitness and EasyFundraising.

- **Competitions:** Access to a range of tennis and padel competitions from the LTA. [Click for more info](#)

MORE INFORMATION:

LTA Venue Registration is FREE to Universities and utilises an online portal to make it simple for you. For more information regarding registering your venue(s) [click here](#).

