



LEVELLING UP COMMUNITY TENNIS

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WHO WE ARE

Tennis For Free (TFF) is a community sports charity. We provide free group tennis sessions and FREE access to tennis courts in local parks and clubs around the UK targeting all members of the community, especially those from high deprivation areas.

We are making a positive impact on physical and psychological wellness based on proven benefits of tennis and exercise in these areas.

"What I really love about the TFF sessions is that they are open to everyone. Whether you are 3 or 83 you can come for as long or short a time as you like and it's available to the whole family. There is something available for everyone regardless of age, size, shape or level. It is that welcoming"

JUDY MURRAY (TFF Patron)



"Getting a tennis racquet in a kid's hand and seeing them enjoy the sport is the best pathway to a healthy and active future. It's also the needed element for the future of British Tennis."

PAT CASH (TFF Patron)

WHERE WE WORK

We work throughout the UK with sites in England, Scotland, Wales and Northern Ireland. We actively seek to operate in the most deprived areas of the UK linking in with the government indices of deprivation studies.

Pre-COVID TFF worked in over 120 communities across the UK.

OUR GOAL

Our goal is to create sustainable tennis communities throughout the UK that promote healthy lifestyles via our 'Levelling up Programme' within our 'TFF Sessions'

TFF's Level Up strategy ensures that our secured funding to create TFF communities, can be sustained long into the future. A gradual conversion from coach-led sessions to volunteer-led is the goal and is realised through a seamless mentoring and training programme for members of the community. Attendees of TFF sessions quickly realise that their enjoyment of TFF sessions isn't compromised by becoming a 'volunteer' that helps deliver the sessions. This is because they still enjoy the sessions as a player like everybody else when volunteering in the 12yrs+ group. The only difference being that they get to choose which of the games the group play throughout the session.

A site starts at Stage 1 where a qualified coach leads a session for 12yrs+ players and progresses through two further stages to turn the site into a fully sustainable tennis community delivered to all ages of attendees. A site can also drop a stage if it isn't capable of sustaining the required elements of the stage.

More details about the stages can be seen in the next section.



NOTE: Funding for equipment and support of community tennis growth by the Tennis For Free organisation is defined and organised on a case by case basis centred around the community need. In some cases TFF can support the shortfall of a donated equipment pack and in other cases human resources support can help a community with administration support to help the community achieve its goals.

Stage 1

Stage ONE - Session Summary

Stage 1 is a TFF session for 12yrs+ players led by a qualified and accredited Level 2 or Level 3+ coach. The coach is required to bring along a hopper of normal tennis balls, some spare adult racquets and organise 4-5 games from [TFF's CORE GAMES for 12yrs+ players](#), later expanding to include games from the [expanded list](#).

STAGE ONE - Session Content

The Stage 1 session is delivered from the [CORE GAME CARDS - 12yrs+ TFF](#) and expands to include the [extended list](#) of games when the community have a solid grasp of the core games (typically after around 4-5 weeks).

STAGE ONE - Delivery Outline

- Stage 1 is delivered by an LTA qualified and registered TFF coach (accredited by LTA at Level 2 or higher).
- The coach will create a fun and engaging environment built around the games provided for this stage.
- The coach will look to match the suitability criteria of the chosen game with the number of attendees of the session. Regular attendances of 8 or more are required for the core games to be delivered. At the upper end, TFF's core games can be delivered up to as many as 16 people per court.



NEXT STAGE CRITERIA

Advancement to Stage 2 requires the community to grow to support the expansion of All Ages TFF.

The criteria required is:

- * **Three support coach volunteers** - Three attendees of the TFF community must complete the support coach volunteer criteria. Volunteers will form a rota and lead the 12yrs+ session when the scheme expands to All Ages as part of Stage 2 advancement.
- * **Two additional off court volunteers** - Two engaged volunteers in any of the off court volunteer roles (as seen from the [volunteering page](#)).
- * **Equipment donation programme** - An equipment donations strategy is required to get the required equipment for the next Stage. TFF can help support equipment donations where there is a shortfall, but there will be a requirement to get donated equipment via other channels.
- * **A second qualified coach** - A second qualified coach is required for expansion to Stage 2.



NEXT STAGE CRITERIA

The next stage, stage 3, is the final stage of community growth. This stage will see TFF run entirely by volunteers but optionally with a coach supporting the session (in an overseeing capacity).

The criteria for Stage 3 is as follows:

- * **A total of six Support Coach volunteers** - Required to deliver the TFF content to the 3 sub-groups of ALL Ages TFF each week (Parent & Child Group, Juniors Group, 12yrs+ Group).
- * **A total of six Off-Court volunteers** - To keep the structure and support systems in place to allow the community to sustain itself and continue to grow tennis interest to the local community.
- * **Establish Tennis Partner Network** - Linking to a tennis provider or tennis club (tennis partner network) is required to support the programme and provide donated equipment. In turn, the partner network will benefit from those attendees wishing to pursue their tennis interests beyond the confines of the TFF community group activities. The partner network act as a support mechanism for the community group.
- * **Three courts or more required** - Three or more courts allocated for each TFF session.

Stage TWO - Session Summary

Stage 2 is a TFF session for ALL AGES and levels of attendee. For this reason, the scheme must expand to 3 courts as a minimum (ideally 4 courts) at the venue.

A volunteer will lead the 12yrs+ sub group and two coaches will run the two new sub groups. Off court volunteers will support community growth and scheme administration.

STAGE TWO - Session Content

The Stage 2 session is delivered from the [CORE GAME CARDS - 12yrs+ TFF](#) (Improvers+ sub group), [Game/Drill Cards for the Beginner Group](#) (Beginners sub group), and the [Parent & Child](#)

STAGE TWO - Delivery Outline

- Stage 2 is delivered as an ALL AGES TFF session. The sub-sessions within the TFF session are structured as follows:
- 12yrs+ Group = delivered by a volunteer
 - Junior Group = delivered by a coach (with a volunteer in support).
 - Parent & Child Group = delivered by a coach (with a volunteer in support).

Stage 2



Stage 3



Stage THREE - Session Summary

Stage 3 is the last stage of TFF community development. Delivery at this level is comprised of volunteers delivering each of the 3 sub groups.

Taskforce members or coaches support the session delivery in a supporting capacity.

Off court volunteers continue to work towards keeping the structure and support systems in place for the scheme.

A supporting tennis partner network actively engage with the scheme to support follow on tennis pathways and donate equipment as required.



SUSTAINABILITY CRITERIA

As Stage 3 is the final stage of the TFF Community, the focus switches to sustaining the operations and support of the scheme.

To stay at stage 3 and avoid dropping back down to stage 2, the community must:

- * re-recruit any retiring volunteers
- * re-recruit any retiring taskforce members
- * Ensure community group administration is managed
- * Always continue to have a TFF liason contact

Maintenance of the following is required for a TFF Site to stay at Stage 3:

- * A total of six support coach volunteers
- * A total of six off-court volunteers
- * Maintain a tennis partner network
- * Equipment donations programme

TFF TARGETED SESSIONS

BOLT ON TFF SESSIONS for ANY site operating at ANY LEVEL!!

Aside from the Core TFF Session delivered through TFF's Levelling Up programme, any site can also work with TFF to offer targeted sessions to their community. Targeted sessions must be delivered via registered coaches of the appropriate level and separate funding is available for the delivery of these sessions. If you're interested in running targeted sessions at your club, then please do get in contact with us.



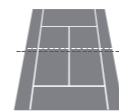
Run by trained coaching professionals with specific training in targeted group areas if required



Goal is to support specific player groups enhancing their wellbeing

TFF TARGETED SESSIONS

Bolt-On sessions for targeted groups



Sessions are structured around mental health, disability, social inclusion and physical health in partnership with NHS, iPlay30 and other providers.



At various times of the week matched to the targeted audience

“ Somewhere out there, there are girls and boys who will be the best tennis players in the world. They just need opportunity. Tennis For Free scheme provides this opportunity and I’d urge everyone to get their tennis elbows and nudge people to support Tennis For Free. ”

Stephen Fry (TFF Patron)



“ From a council perspective, we’ve been able to address our social inclusion agenda by breaking down the financial barriers and maximising the usage of our tennis courts. We’ve also seen less vandalism and anti-social behaviour at the parks – probably as a result of them being busier. ”

Samantha Beak (Head of Leisure, Epsom & Ewell Council)



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