



Caerphilly Tennis Club  
Schools Tennis Programme 2015 Report

9<sup>th</sup> August 2015

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## 1) Executive Summary

This is a report prepared by Jonathan Morgan, Head Coach at Caerphilly Tennis Club (CTC), on the CTC Schools Tennis Programme 2015.

In the 12 week period from 13<sup>th</sup> April 2015 to 10<sup>th</sup> July 2015 (excluding 1 week half term), Caerphilly Tennis Club has seen the following happen within Caerphilly County Borough in regards to Schools Tennis and our own Schools Tennis Programme 2015.

- 37 teachers from 28 schools trained via 2 LTA Primary Teacher Training Course
- A total of 1721 children took part, with a cumulative total of 3268, which can be broken down into the following:
  - 1566 total (weekly average of 260) pupils from Years 3 to 6 at Plas-Y-Felin Primary School and St James Primary School received tennis coaching during PE lessons each week during the Easter-Spring Bank Holiday term, after establishing new Club-School links with both.
  - 155 pupils from St James visited the Club over 2 days to play games and matches, closing their programme with us.
  - 114 pupils from Plas-Y-Felin visited the Club over 2 afternoons, taking part in games and matches to conclude their programme.
  - 43 pupils, in 11 teams from 6 local schools, took part in a Year 5 tennis festival. This was held in partnership with Sport Caerphilly and Tennis Wales.
  - 77 pupils, in 19 teams from 9 local schools, took part in Year 6 tennis festival. Again, held in partnership with Sport Caerphilly and Tennis Wales.
  - Visited Hendredenny Primary School to host a one-off tennis day, where 170 Year 1 to 6 pupils had a 45 minute taster session.
  - Visited Twyn School as part of a one-off tennis day, where 235 Year 1 to 4 pupils had a 30 minute taster lesson.
  - Part of Ystrad Mynach Primary School WOW Week, delivering tennis to 320 pupils over 4 days, ranging from Reception through to Year 6.
  - Was part of Hendre Junior School Summer Fayre offering fastest serve competition to an estimated 80 pupils and their families.
  - Part of Sport Caerphilly Primary Schools Legacy Games for third year as over 500 children tried tennis provided by us, among other sports.

Note:

The information and statistics stated in this report were correct as at the 12<sup>th</sup> July.

Numbers of those attending events are as recorded on the day.

Numbers given for those on the weekly programme show those who attended more than one session between 13<sup>th</sup> April and 10<sup>th</sup> July (during terms 3 and 4 of 2015). This does not include attendance during Spring Bank Holiday which punctuated Terms 3 and 4. Nor does it include results for any summer holiday activity (coaching, camps or events) at CTC, which began the week commencing 13<sup>th</sup> July.

## 2) Brief history of Caerphilly Tennis Club and schools tennis

With our coaches in full time education in recent summers, school tennis provisions were offered and arranged by Sport Caerphilly. Past years have seen an average of 10 schools receive standalone tennis days around key times (in preparation for tennis festivals and/or Wimbledon). During these years, annual tennis festivals have been held with the most successful being that of 2013 where 3 local schools entered and a total of 30 children took part.

Although these one off days have been successful in the short term, it hasn't translated into long term and sustainable success at the Club and this was something we wished to address during the summer of 2015. Our new full time head coach led this targeted approach with both short term but more importantly long term success in mind. This plan included:

- Establishing new links with 2 local primary schools, built around 6 week curriculum time tennis delivery through PE lessons with years 3 to 6. Another key piece of these links were visits to CTC for all classes to conclude their programme with us.
- Offering teacher training course to primary schools in order to upskill and instil confidence in teachers to deliver tennis back at their school. Resources and equipment packs, as part of the LTA course, were also an incentive.
- Host primary school tennis festivals for years 3 to 6 which schools in the county could enter.
- Still offer the possibility of one off tennis days to other schools if they wished, but with a long term purpose (e.g. Tie in to the primary school tennis festivals, Wimbledon or as part of National School Sports Week).
- Support Sport Caerphilly in any school events by providing tennis based activities.

## 3) Establishing new links with two local primary schools

The work started before the actual season began (April 2015) as initial approaches to 2 identified local schools took place before 27<sup>th</sup> February 2015, with plans agreed by 13<sup>th</sup> March 2015. These schools were Plas-Y-Felin Primary School and St James Primary School and were selected based upon several criteria including:

- Previous experiences at the school and existing relationships
- Reception and appetite for tennis by pupils on previous visits
- Enthusiasm and support for tennis by teachers on previous visits
- Facilities/space available for use at the school on a regular basis
- Proximity to Caerphilly Tennis Club
- Willingness to co-operate on all aspects within the proposed links

Agreements were drawn up and signed by the school tennis contact at both schools, detailing what Caerphilly Tennis Club would offer and what the school agreed to be a part of. Such terms included:

- Caerphilly Tennis Club to deliver free curriculum time coaching as part of the school PE lessons over a 6 week term.
- The access to teacher training course and subsequent resources and equipment, with schools guaranteeing at least one attendee.
- A visit to the Club for pupils to play tennis games and matches and conclude the programme.
- Entry into primary school tennis festivals, with schools to enter at least 4 players.

- Promises to facilitate promotion of Caerphilly Tennis Club through leaflet distribution and online interaction.

It was agreed that Years 3 to 6 at both Plas-Y-Felin and St James would receive 6 weeks of curriculum time tennis as part of their PE lessons for the term after Easter and leading to Spring Bank holiday. This long term view not only allowed us to develop all aspects of the pupils' tennis game to a basic level, but also nurtures any attraction to tennis that children may have through continual exposure. Each class (5 at Plas-Y-Felin and 6 at St James) had a weekly tennis lesson as delivered by our head coach Jon. The programme over the 6 weeks included:

- Week 1 – Forehands
- Week 2 – Backhands
- Week 3 – Ready position to mix forehands and backhands
- Week 4 – Overarm serve
- Week 5 – Volleys and net play
- Week 6 – Matchplay and rally challenges

The below table shows the classes from both schools and the number of pupils who were present for each tennis lesson.

		<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>	<u>Week 6</u>
<u>Plas-Y-Felin</u>							
	Year 3	26	29	27	25	24	21
	Year 3/4	27	24	26	22		24
	Year 4/5	26	22	24	16	19	17
	Year 5	30	25	31	27	28	27
	Year 6	26		26	25	28	29
<u>St James</u>							
	Year 3	29	29	27	27	25	25
	Year 3/4	28	25	23	24	25	25
	Year 4	26	25	24	24	32	24
	Year 5	25	27	25	28		25
	Year 5/6	16	17	21	21	26	26
	Year 6	27	27	25	26	16	20
<u>Total</u>		286	250	279	265	223	263
Cumulative total of 1,566 children playing tennis as part of PE lessons over the 6 week period.							

In addition to the curriculum time delivery, another aspect of the agreements with both Plas-Y-Felin and St James was that they would be able to send teachers on to the LTA Primary Schools Tennis teacher training course that we were facilitating with Tennis Wales and Sport Caerphilly. St James sent 2 teachers who hadn't attended the course before, while Plas-Y-Felin sent just 1 teacher. Both schools received the associated resources and equipment after attending. For more information on the teacher training course, please see section 4.

We at Caerphilly Tennis Club believed it was key not just to take tennis into the schools, but to get the pupils to visit the Club at some point for them to firstly learn of the Club's location, see our facilities and experience the atmosphere first hand all while bringing together their newly acquired tennis skills from their PE lessons. This was achieved by

arranging Club visits for all classes in both schools, where they enjoyed a mix of fun games and competitive matches.

- On 3<sup>rd</sup> June we welcomed 87 pupils from years 3, 3/4 and 4 at St James.
- On 5<sup>th</sup> June, 68 pupils from years 5, 5/6 and 6 at St James visited us.

Having these visits fairly soon after the completion of the 6 week curriculum time delivery was key although not always possible due to other school commitments as was the case with Plas-Y-Felin.

- 56 year 5 and 6 pupils from Plas-Y-Felin visited us on 3<sup>rd</sup> July.
- 58 year 3 and 4 pupils from Plas-Y-Felin came to the Club on 10<sup>th</sup> July.

Both St James and Plas-Y-Felin also agreed to enter at least 4 players into the schools tennis festivals, which were to be held in the summer, as part of the agreement. Again, this was seen not only as a natural progression from the coaching to an informal competition but also as another commitment from the schools to tennis.

In return for all of this work on our part and the opening of opportunities, the only thing that Caerphilly Tennis Club wanted and expected in return was the ability to distribute flyers through the school and for them to interact with us online. This was not seen as excessive by either party, with just 3 sets of flyers to be handed out at key times (these being ahead of our open day on the first Great British Tennis Weekend of 2015, upon the visits to the Club, and then finally ahead of our Wimbledon open day). Both schools uploaded news and photos to their websites, while St James also interacted with the Club on Twitter.

Both links will be jointly reviewed by Caerphilly Tennis Club and each school respectively while further talks will take place in September to explore the possibilities of a tennis provision during the winter period for other classes/year groups. Our link with Plas-Y-Felin will be strengthened further in the new school year as we collaborate on a new and initiative tennis workshop idea.

#### 4) Teacher training courses

Through discussions with Tennis Wales and Sport Caerphilly, it was agreed that a LTA Primary Schools Tennis teacher training course was to be hosted to further the presence of tennis in schools throughout the whole county. Tennis Wales arranged this with a local tutor and liaised with Caerphilly Tennis Club and Sport Caerphilly throughout, while the latter two publicised it through their respective links. A venue was also sought with St James hosting on 30<sup>th</sup> April 2015. Initial response for this course was so great that a second course was organised for 6<sup>th</sup> May 2015, this time to be held at Ystrad Mynach Primary School.

Through attending this course, for free, schools would not only access the training and associated resources but also receive an equipment pack (30 rackets, 30 Mini Red balls, 30 sponge balls and barrier tape) in order to deliver their own tennis sessions back at the school. With long term success and sustainability in mind, we made it compulsory for those schools attending to commit to entering at least 4 players into the primary schools tennis festivals. For more information on the tennis festivals, please see section 5.

Below is a list of schools who attended the teacher training courses:

- |                 |                |                 |
|-----------------|----------------|-----------------|
| • St James (x2) | • Phillipstown | • Trinant       |
| • St Nicholas   | • Fochriw      | • Maes-Y-Cwmmer |
| • Blackwood     | • Cefn Fforest | • Ystrad Mynach |
| • Penllwyn      | • Greenhill    | • St Helens     |

- Rhiw Syr Dafydd (x4)
- Hendredenny (x4)
- Crumlin (x2)
- Ysgol Y Lawnt
- Y Gwindy (Cwm Rhymni)
- Cwm Rhymni - Gellihaf
- Pengam
- Fleur de Lys
- Panside
- Tyn-Y-Wern
- Tir-Y-Berth
- Abertysswg
- Park Primary
- Cwm Derwen (x2)
- Ysgol Gymraeg Trelyn
- Plas-Y-Felin

Feedback from the teachers who attended the courses was very positive, with many praising the resources and equipment made available from the LTA and Tennis Foundation. The interactive nature of the course as teachers went through practices and games was also highlighted as enjoyable. Our own Head Coach Jonathan attended the second course and said "it was the first time I've attended such a course or seen the resources made available through it and was very impressed with both. I had seen the equipment packs on previous school visits and still can't believe what a brilliant set of kit it is!"

Of those schools that attended the teacher training course and received the resources and equipment, we know that 18 have delivered their own tennis lessons/activities. These being:

- St James
- Blackwood
- Phillipstown
- Fochriw
- Cefn Fforest
- Maes-Y-Cwmmer
- Ystrad Mynach
- Rhiwsyrdafydd
- Hendredenny
- Crumlin
- Y Gwindy (Cwm Rhymni)
- Cwm Rhymni - Gellihaf
- Panside
- Tyn Y Wern
- Tir-y-berth
- Park Primary
- Cwm Derwen
- Plas-Y-Felin

We could not contact or did not receive a response from the 10 remaining schools when asked whether they had made use of the resources and equipment this year.

## 5) Primary Schools Tennis Festivals

Continuing our work with Tennis Wales and Sport Caerphilly this summer, we agreed to host a primary schools tennis festival. We added an obligation for schools who attended the teacher training course to enter at least 4 players into the original tennis festival, but since the response for the training was so great we decided to host 3 separate festivals – Mini Red (years 3 and 4), Mini Orange (year 5) and Mini Green (year 6).

The Mini Red festival, due to run on Tuesday 9<sup>th</sup> June, did not take place due to a lack of entries. Just 3 teams from 2 schools had put forward players in the age group. It was discussed between ourselves, Sport Caerphilly and Tennis Wales that it was best to cancel this event. The schools that had entered the Mini Red festival then entered teams into one of the other two festivals that took place the same week.

The Mini Orange festival took place on Wednesday 10<sup>th</sup> June and saw 43 pupils take part. This included 11 teams representing 6 local schools. Below is a list of the schools and teams that they entered:

- Maes-Y-Cwmmer Boys
- Maes-Y-Cwmmer Girls
- Maes-Y-Cwmmer Mixed
- Abertysswg Boys
- Abertysswg Girls
- Panside Boys
- Panside Girls
- Phillipstown Boys
- Phillipstown Girls
- Greenhill Mixed
- Tir Y Berth Mixed

The Mini Green festival ran on Thursday 11<sup>th</sup> June and saw 77 pupils attend. These pupils were in 19 teams and from 9 local schools. Below is a list of the schools and teams they entered:

- |                         |                      |                       |
|-------------------------|----------------------|-----------------------|
| • Crumlin Boys          | • Plas-Y-Felin Girls | • Ysgol Y Lawnt Girls |
| • Crumlin Girls         | • Plas-Y-Felin Mixed | • Blackwood Boys A    |
| • Rhiw Syr Dafydd Boys  | • Pengam Boys        | • Blackwood Boys B    |
| • Rhiw Syr Dafydd Girls | • Pengam Girls       | • Blackwood Mixed     |
| • Fochriw Boys          | • Pengam Mixed       | • Penllwyn Mixed      |
| • Plas-Y-Felin Boys     | • Ysgol Y Lawnt Boys | • Fleur De Lys Boys   |
|                         |                      | • Fleur De Lys Girls  |

Feedback from all children and teachers who attended was very positive, praising CTC's hospitality and facilities as well as Tennis Wales and Sport Caerphilly's efforts in arranging draws/matches. It is safe to say that the 2015 events were the most successful school tennis festivals that has happened in Caerphilly County and is something that all parties want to build on next year and into the future.

#### 6) Additional school visits

With much of our focus on the newly formed links with 2 local schools, we did not want to ignore the wider calls for tennis in other local schools and so were more than happy to still offer one off tennis days to them. Due to our work in Plas-Y-Felin and St James, any visits to other schools from us had to take place after Spring Bank Holiday during the last term of the school year, which they all understood. Even though these would be after the Primary Schools Tennis Festivals, we always had a further purpose in mind (such as National School Sports Week or in the build up to Wimbledon with tennis at its peak interest). Schools gained our contact details through the SE Wales Tennis Roadshow and were free to make their own approach to us for tennis delivery in their schools. Although the SE Wales Tennis Roadshow focuses on delivery to Year 1 classes, we found that all schools wanted more than this. So in response, we offered special tennis days as we've offered in the past, where many classes could try tennis.

We were first approached by Hendredenny Primary School, which we hadn't worked with before and so were excited about the new opportunity. We visited them on Monday 15<sup>th</sup> June where we delivered 40 minute lessons to Years 1 to 6, seeing 170 pupils. We highlighted the exit routes for children if they wished to take tennis with us further and advertised our upcoming Wimbledon open day with the cooperation of the school. Further talks will take place in the future as the school expressed an interest in setting up an after school tennis Club.

Twyn Primary School also contacted us, having delivered one off tennis days there in previous years. We visited them on Wednesday 17<sup>th</sup> June, delivering 30 minutes of tennis to classes in Years 1 to 4. The weather was poor on the day but this didn't dampen the spirit of 235 children. Again, information on how to play more tennis with us at CTC was distributed to all pupils and teachers, emphasizing our upcoming Wimbledon open day.

As part of a separate outreach project (Ystrad Mynach Park Tennis Programme (YMPTP)), contact had already been made with Ystrad Mynach Primary School in terms of the possible delivery of tennis at the school to help promote the new local programme. Through



discussions this turned into us being asked to be a part of their WOW Week (week beginning Monday 22<sup>nd</sup> June), which is their spin on National School Sports Week. We loved the idea and opportunity ahead of the YMPTP launch so were on board with no hesitation. On the Monday, 10 small groups of around 12 nursery/reception pupils tried tennis for the first time with us. On the Tuesday we delivered an hour session to 5 different groups of Year 1 and 2 pupils, reaching around 100 children. On the Thursday, it was the turn of Year 4 as two classes (total of 50 children) had a tennis lesson with our coaches. And finally on Friday, two Year 3 classes (total 51 children) enjoyed an hour of tennis each. Overall, during the week we saw around 320 children in structured lessons but also reached Year 5 and 6 pupils during break/lunch times as our coaches interacted with them to promote tennis. This week was not only a brilliant event to be a part of but showcased a real enthusiasm for tennis from all at the school, fronted by their PE Coordinator. Talks will take place in the future to build a stronger link with them, especially with our outreach work in Ystrad Mynach Park.

Through the parent of one of our current players, we were invited to be a part of Hendre Junior School's Summer Fayre to offer a tennis activity. Although after our Wimbledon open day, we thought the opportunity to reach even more school children with tennis was too good an opportunity to pass on. It was also another school which we had had little experience with and so was a chance to build a relationship for the future. We attended on 8<sup>th</sup> July, offering a fastest serve competition to guests, due to space limitations. The school estimates 80 children and their families attended. For our first involvement in a summer fayre we are pleased at how it went, especially as informal discussions with the head teacher during the event has raised the possibility of setting up an after school tennis club in the future.

All of these additional school visits have helped us take tennis to a total of 805 school children.

## 7) Supporting Sport Caerphilly

As in recent years, we continue to work closely with Sport Caerphilly in order to further tennis in the county. Again, we were asked and agreed to be a part of their annual Primary Schools Legacy Games event at NIAC Cardiff on 24<sup>th</sup> June. Having been involved in both of the previous events, it is always one of the highlights of our calendar. This year we were asked to run both tennis activities on the two circuits (having only done one circuit before as another tennis coach was involved), meaning we would be the only tennis representation at this year's event. During the whole day over 500 school children tried tennis, among many other sports. It was great to see many familiar faces from the recent schools work and tennis festivals as well as reaching many new pupils. This was also a chance to catch up with some teachers who attended the teacher training course to see if they've continued tennis at their schools, found the resources helpful and made use of the equipment as well as share some tennis practices and games they could use themselves.

## 8) Conclusion and measuring impact

The 6 weeks of curriculum time coaching at Plas-Y-Felin and St James concluded the week leading up to the LTA's first Great British Tennis Weekend (GBTW) and so CTC planned to

specifically target the some 250 children which we had worked with at the two schools. We held an open morning (10am to 1pm) on Saturday 16<sup>th</sup> May. Although the open event also attracted members of the general public, 53 children from either of the two schools attended with their families. This shows an approximate 21% conversion from the school outreach to attending a free event at the Club.

From this work in Plas-Y-Felin and St James, and the subsequent Club event, 12 new players joined the weekly programme at CTC. This is around a 23% conversion of those who attended the free event. (Overall, it is an estimated 5% conversion from the 250 or so pupils from both schools that we saw over the period.)

We have also seen a further 4 new players from other work as part of our 2015 school programme. This includes 2 from Twyn Junior School, 1 from Hendredenny Primary School and 1 from Hendre Junior School.

We have also seen children join our weekly programme at CTC from schools who have used the training, resources and equipment from the teacher training course. This includes 4 children from Tyn-Y-Wern, 2 from Blackwood and 1 from Rhiw Syr Dafydd.

Our new outreach project at Ystrad Mynach Park was also boosted by our schools programme. Firstly, our involvement in Ystrad Mynach Primary School WOW Week has seen 11 children attend our newly launched programme in the local park. This is roughly a 3.5% return on the 320 students we delivered tennis to during the week. (It must be noted that some 120 of these students were of nursery/reception age which is too young for any session at Ystrad Park. So a truer number for the conversion is from 200 pupils, which sees it closer to 5.5% conversion.) Also, thanks to schools delivering their own tennis more children have joined that programme; with 4 from Tyn Y Wern, 3 from Maes-Y-Cwmmwr, 3 from Blackwood, 2 from Rhiw Syr Dafydd, and 1 from Ysgol Y Lawnt. This shows that there is definitely an appetite for tennis in those areas and we are working with the council to ensure the continuity of this programme. (These are initial figures and are from the first two weeks of this programme to fit in with the conclusion of our Schools Tennis Programme 2015 and the school year.)

Overall, our schools programme which has reached a total of 1721 children has seen 47 new players take their tennis further with us after first experiencing it within a school environment. This includes 23 new players at the Club along with further 24 new players at our new summer park programme in Ystrad Mynach. These numbers were as at 12<sup>th</sup> July 2015, the end of the school year and the summer work of our Schools Tennis Programme, but know there are additions throughout the summer holidays. And apart from new players, the programme has raised the profile of tennis and Caerphilly Tennis Club among schools, pupils and teachers plus the wider community, as well as initiated further school tennis projects and ideas which we are going to explore, develop and release in the future.

#### 9) Epilogue by Caerphilly Tennis Club Head Coach Jonathan Morgan

"I don't think I'll ever get bored of being called 'the tennis man' or similar when seen out and about by children I have coached in schools. Schools tennis is not only a fun and challenging environment which is vastly different to that of a club, but it's a great opportunity to take tennis to the masses.

And after saying that, I thought it would be a vital part of any tennis coach's work but have been shocked to learn that this does not seem the case. What we have done with Plas-Y-Felin and St James this year is a lot more than what many others are doing or have done, and I believed this would form the basis of any coach's job.

I think our previous experiences alongside our current results have displayed how tennis should be taken into schools, through continual exposure to the sport and interaction with tennis coaches/clubs. Many have questioned the sustainability of free visits to schools, let alone long term work, but I feel they are often restricted to seeing only the short term and that it doesn't immediately return revenue. CTC and I have seen the long term benefits of getting children interested in tennis to begin with and then introducing them to the Club setting where they then attend sessions and join as members, which is future revenue that can then be reinvested into more schools work in the future. From there it is then a continual circle which wouldn't have been possible without the initial outlay of free work.

I am proud to have spearheaded this work this year but must thank all of those who have been involved – from our coaching team who have helped throughout and reinforced my belief that we are doing this the right way, the backing of and freedom afforded me to work by the CTC committee, Mark Lewis (Tennis Wales) and Tony Wallis (Sport Caerphilly) for their great input and efforts into the programme, and of course all of the schools, teachers and most importantly the children!

I'm looking forward to continue working with Plas-Y-Felin and St James come the new school year, but am also keen to expand our work with other schools and take tennis to even more pupils in the future! We have some exciting projects aligned to schools tennis in the works and I can't wait to get them under way and reveal them in the coming months!"