



Carl Douglas
Tennis Coaching

E: carl.douglas@talk21.com

M: 07553 966380

W: <https://clubspark.lta.org.uk/CarlDouglasCoaching>

COACHES REPORT – 2023/24 SEASON

We continue to offer an award-winning coaching programme at Bramford Tennis Club which remains the key driver for member recruitment to the club. The sections below outline a subset of some of the key coach led activities delivered during the 2023/24 season as well as highlighting key programme focus areas for the 2024/25 season.

Note - In addition to the standard coaching services, we continue to support the club through many free hours consultancy across many specialist areas including website admin, marketing, grant submissions and have been instrumental over the last year in helping the club attract grant funding in excess of £60,000 towards the Project Smash initiative.

Section 1 – Looking back 2023/24 Review

JUNIOR SECTION REVIEW



LTA Youth Recognised Venue

Bramford Tennis Club was the first club in Suffolk to be awarded this prestigious award which recognises the excellence of our Junior Programme. *“LTA Youth Recognised Venues are committed to delivering an excellent junior programme that offers both high quality coaching and regular competitive opportunities for young players. With your support we are continuing to open tennis up to everyone”* Scott Lloyd LTA CEO



Big Tennis Weekend - Club Open Days

Carl Douglas Coaching continue to play a lead role in organising club open day events, at no cost to the club, providing people in the local community to come and give tennis a try for FREE. These events provide a real opportunity for the club to showcase its facilities, coaching programme and social programme and the open days often result in new memberships (and hence new revenue) for the club. This years event is scheduled for Sun 28 April 2024.



LTA Youth Squads (age range 4-11)

LTA Youth squads are a key part of the LTA Youth initiative, providing weekly term time opportunities to learn to play tennis for junior players from ages 4 and upwards. The squads run half-terminally throughout the year as follows:

- LTA Youth BLUE (ages 4-6) – Sat @9.45am
- LTA Youth RED (ages 5-8) – Tue @4.00pm
- LTA Youth ORANGE (ages 8-11) – Tue at 4.45pm



Prime Video/LTA Youth Girls (ages 4-16)

Over the last year, Carl Douglas Coaching were successful in their application to become one of a select group of coaches nationwide to spearhead the new Prime Video Girls initiative. As a result, we have been able to establish two new GIRLS only squads at the club:

- Prime Video GIRLS (ages 6-10) Wednesday 4.30pm
- Prime Video GIRLS (ages 10-16) Saturday 1.15pm



Hot Shots (age range 11-18)

Our squad for older juniors continues to attract a good number of players, some of whom are now developing further and entering competitions/league matches and looking to make improvements to their World Tennis Number (WTN).

- Hot Shots (11+) – Sat @10.30am
- Hot Shots (Performance) – Fri @6.30pm
- LTA Youth Summer league



LTA Youth Summer League (age range 5-18)

As our LTA Youth junior squads have developed, we are now able to enter more teams into the LTA Youth Summer league competition. The matchplay opportunities such a competition provides will help accelerate player development even further. Some of our junior players have also gone on to represent the Suffolk County Team.



Tennis Festivals (Monster Smash etc)

In addition to our standard coaching programme, we also continued to run a series of tennis festivals throughout the year which allow parents to get on court and take part in FUN tennis challenges with their children. Festivals we ran during 2023/4 based on the LTA Team Challenge programme included:

- French Open 28 May 2023
- Girl, Set, Match 16 Jul 2023
- US Open 10 Aug 2023
- Monster Smash 21 Oct 2023

OUTREACH SECTION REVIEW



Guides/Brownies/Scouts

We continue to reach out to kids organisations including Guides/Brownies/Scouts/Beavers etc offering tennis taster sessions. We've had visits from the 29th All Hallows Ipswich Guide, Bramford Brownies and Bramford Beavers over the last 12 months and all had a fantastic time.



Tennis at home – CONTINUED

During the Covid-19 lockdown and ever since, I have continued to build a series of "Tennis at home" lessons and skill challenges to try to keep people engaged with tennis whilst stuck at home. Some of the videos have been shared widely via social media. The content is added to from time to time and some schools have been making use of this FREE content.

ADULT SECTION REVIEW



Ladies Pair & Play

This is the most popular squad we run at Bramford Tennis Club and has always been well attended. This is also where a lot of player development has taken place over the last few years, ultimately leading to the formation of several ladies teams who now represent the club in summer and winter leagues.



Tennis Xpress (Mixed Adult Group)

Over the last year, we managed to establish a new Adult beginner group on Thu evenings known as Tennis Xpress. The group is largely based at Coddendam over the Summer months before returning to Bramford for the Winter Season. We are hoping to establish an additional Tennis Xpress squad during the 2023/4 season at Bramford on a Wednesday evening as part of the Sport England Tennis for Free funding initiative.



Adult 1:1 coaching

We continue to offer a range of 1:1 coaching to adults at the club at all standards of play. This remains a popular option at Bramford and also has the additional benefit that only one court is required, hence other courts remain free for either casual social play or matches.



Play Your Way to Wimbledon (PYWTW)

We ran a very successful PYWTW competition, with our winners for Ladies and Junior 18U doubles going forward to the regional finals and the chance to eventually play at Wimbledon.

Section 2 – Looking Forward to 2024/5

Our planned coaching programme for this season is shown below though please note that this is subject to change during the year subject to demand. Tennis Festivals and League fixtures are in addition to those items listed in the flyers below

GET INTO TENNIS

CARL DOUGLAS COACHING

ADULT TIMETABLE

BRAMFORD	CODD/BRAM	BRAMFORD
Monday	Tuesday	Wednesday
1:1 adult coaching * (6.30pm-8.30pm)	Cardio Tennis (Codd) (11.15am - 12.00pm) Ladies Pair & Play (BRAM) (6.30-7.30pm)	Cardio Tennis (BRAM) (9.45-10.30am) Pickleball INTRO (Mixed) (11.15am-12.00pm) Tennis Xpress (BRAM) (6.00-7.00pm)
CODDENHAM	BRAMFORD	BRAMFORD
Thursday	Friday	Saturday
Pickleball INTRO (Codd) (9.45-10.30am) Tennis Xpress (Codd) (7.30-8.30pm)	1:1 adult coaching * (10.00am-12.00pm)	

*1:1 coaching based on availability, please contact Coach Carl for details

LTA ACCREDITED COACH
CONTACT COACH CARL
 07553 966380
 @CarlDouglasCoaching

GET INTO TENNIS

CARL DOUGLAS COACHING

JUNIOR TIMETABLE

LTA

YOUTH

BRAMFORD	CODD/BRAM	BRAMFORD
Monday	Tuesday	Wednesday
1:1 Junior coaching * Age 5-18 (4.30-6.30pm)	1:1 Junior coaching * Age 5-18 (10.00-11.00am) LTA Youth RED (Mixed) Age 5-7 (4.00-4.45pm) LTA Youth ORANGE (Mixed) Age 8-11 (4.45-5.30pm)	Prime Vid /LTA Youth (Girls) Age 8-10 (4.30-5.15pm) 1:1 Junior coaching * Age 5-18 (5.15-6.00pm)
CODDENHAM	BRAMFORD	BRAMFORD
Thursday	Friday	Saturday
Tots Tennis (coming soon) LTA Youth Kids Tennis (coming soon)	1:1 Junior coaching * Age 5-18 (4.30-6.30pm) Hot Shots Perf (Mixed) Age 11-18 (6.30-7.30pm)	LTA Youth BLUE (Mixed) Age 4-10 (9.45-10.30am) Hot Shots 11 (Mixed) Age 11-18 (10.30-11.30am) Prime Vid /LTA Youth (Girls) Age 10-16 (1.00-1.45pm)

*1:1 coaching based on availability, please contact Coach Carl for details

LTA ACCREDITED COACH
CONTACT COACH CARL
 07553 966380
 @CarlDouglasCoaching

For up-to-date information on coaching programme, visit [CarlDouglasCoaching](https://www.carldouglascoaching.com)