

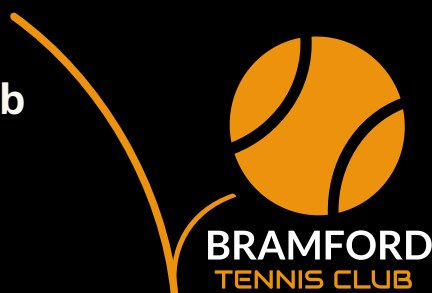
# BRAMFORD TENNIS CLUB SPORT ENGAGEMENT PLAN



Project name :  
**Project Smash**

Prepared for :  
**Babergh & Mid Suffolk Council**

**Bramford Tennis Club**  
Acton Road  
Bramford IP84HU



bramfordtennisclub@yahoo.com  
clubspark.lta.org.uk/BramfordTennisClub

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# ABOUT THIS PLAN

Bramford Tennis Club is a small and friendly village club with 3 hard courts in excellent condition, 2 of which are currently floodlit. The club sits at the heart of the Bramford village community (post code is IP8 4HU) in Ipswich on land owned by the Bramford Parish Council and looked after by an elected Playing Field Management Committee (PFMC) of volunteers.

The club has grown over the last 5 years from just 9 members to 150 members, representing all ages and backgrounds. **This growth has been almost exclusively due to the coaching programme that was introduced by Carl Douglas Coaching and which forms the basis of this ongoing plan** as we continue to develop the club in support of the ever growing local community and in the promotion of healthy, active lifestyles.



**Image:** "LTA Ladies Pair and Play" Coaching Squad

# MEET THE TEAM

Key to the sport engagement plan is our **Coaching Team** plus a range of **assistants** and **volunteers** who have helped to restore the fortunes of Bramford Tennis Club over the last 5 years and who are determined to continue to develop this grassroots club for the benefit of current and future generations in the local Bramford community and surrounding villages



## COACHING TEAM

**Carl Douglas**  
Head Coach (L3)

**Chloe French**  
Assistant Coach (L1)

**Tennis Leaders**  
Assistants

## CLUB VOLUNTEERS

**Thirza Dod**  
Welfare Officer

**Simon Bareham**  
Adult Clubnight Activator

**Graham Chappell**  
Chairperson/helper



# ABOUT US

Bramford Tennis Club is recognised as a **centre of excellence** by the LTA who have presented the club with awards including:

- **Development coach of the year (2018 & 2020 for Suffolk Region)**
- **Young person of the year 2020**
- **LTA Youth centre of excellence**
- **LTA Registered Venue (fully safeguarding compliant)**

These awards, recognise the extensive efforts at this small village club, primarily through the new coaching programme, to grow participation levels among juniors and adults in the local community and to meet the highest safeguarding standards laid down by the LTA

We have also recently been chosen of one of a small number of select providers for the new **LTA/Prime Video - Girls tennis** programme, due to start in 2023



**PROVEN GROWTH**

**LTA REGISTERED VENUE**

**AWARD WINNING**

**HEALTHY LIFESTYLES**

**SAFEGUARD CERTIFIED**

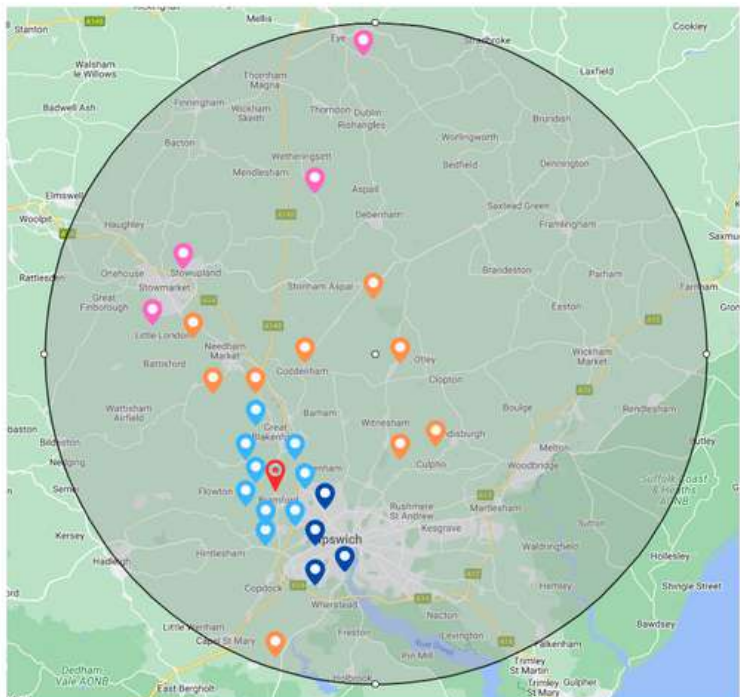
# WHY US

Bramford Tennis Club is located in the centre of a small but growing village community (IP8) on the westside outskirts of Ipswich. The club has built a strong reputation over recent years and attracts members and casual players from a wide area including from a number of rural communities from up to 12 miles away (see radius map below)

Bramford is adjacent to some of the most deprived areas of Ipswich (IP1 & IP2) which both have an IMD rating of  $\leq 3$ . Our inexpensive membership rates, casual pay & play and non-member coaching options however still help to attract players from these areas and the floodlight project will allow us to extend additional court time with priority access to those from disadvantaged communities through our planned weekly “Tennis for Free” initiative session (note 1)



**Bramford Tennis Club - IP8 4HU**  
members + casual users - 12 mile radius



**BRAMFORD TENNIS CLUB**  
(IP8 4HU)



**LOCAL MEMBERS/USERS IMD > 3**  
(1-3 MILE RADIUS)



**LOCAL MEMBERS/USERS IMD <= 3**  
(1-3 MILE RADIUS)



**AREA MEMBERS/USERS**  
(4-10 MILE RADIUS)



**REGIONAL MEMBERS/USERS**  
(>10 MILE RADIUS)

Note 1 - Tennis Opened Up (page 20) and business case





This is to certify that  
**Bramford Tennis Club**

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is an LTA Registered Venue 2022–23

Your tennis venue meets the LTA's Safeguarding Standards, a building block to ensure a safe and inclusive venue. This means that you have the following in place:

- A Safeguarding Policy that is communicated to everyone at the venue
- A Diversity & Inclusion Policy that is communicated to everyone at the venue
- A trained Welfare Officer that oversees safeguarding at the venue
- All appropriate volunteers & staff have undertaken a Criminal Records Check
- The venue undertakes an Annual Risk Assessment
- All level 2-5 coaches at the venue are LTA Accredited

A handwritten signature in black ink, appearing to read 'S Lloyd'.

**Scott Lloyd**  
CEO, LTA

# COACHING TEAM



BRAMFORD  
TENNIS CLUB



COACH  
ACCREDITATION

HOT SHOTS @ CARL DOUGLAS COACHING



**Carl Douglas**  
Head Coach - LTA L3

**Carl Douglas**, LTA Level 3 Accredited + Coach and twice winner of the Suffolk LTA Development Coach of the year award heads the coaching team at Bramford Tennis Club.

Carl is assisted by **Chloe French**, LTA Level 1 and former no 1 Suffolk Junior and a host of talented **Tennis Leaders** who have been developed through our junior programme over the last 5 years



**Chloe French**  
Coach Assistant - LTA L1



## Our Talented Tennis Leaders







BRAMFORD  
TENNIS CLUB



**Thirza Dod**  
Welfare Officer

**SAFE  
TOPLAY**

Say Something if you See Something

**Thirza Dod**, is our Welfare Officer and leads on all aspects relating to Safeguarding at the club including ensuring that everyone involved in working with children or vulnerable adults at the club meets the required safeguarding (DBS) standards as defined in LTA Safe to Play programme **Simon Barham** (Adult Clubnight) and **Graham Chappell** (Junior Helper) are actively engaged in getting more people playing tennis, plus we have a range of additional people who volunteer at club open days



**Simon Barham**  
Adult clubnight Activator



**Graham Chappell**  
Junior Helper

### Helpful volunteers



**CLUB TEAM**

SAFEGUARDING, ACTIVATORS, VOLUNTEERS



# 3 KEY DEVELOPMENT THEMES

## (EXISTING & FUTURE PROGRAMMES)

<p><b>THEME 1</b></p>	<ul style="list-style-type: none"> <li>• LTA Youth Start *</li> <li>• LTA Youth BLUE (age 4-6) *</li> <li>• LTA Youth RED (age 5-7) *</li> <li>• LTA Youth ORANGE/GREEN (age 8-11)*</li> <li>• HOT SHOTS (age 11-18) *</li> <li>• HOT SHOTS PERFORMANCE *</li> </ul>
<p><b>ACTIVE JUNIORS (AVAILABLE NOW)</b></p>	<p><b>THEME 2</b></p> <ul style="list-style-type: none"> <li>• LTA Ladies Pair &amp; Play *</li> <li>• LTA Tennis Xpress **</li> <li>• LTA Cardio Tennis **</li> <li>• Tennis 3's Social Tennis *</li> <li>• Adult clubnight *</li> </ul>
<p><b>THEME 3</b></p>	<ul style="list-style-type: none"> <li>• Tennis4Free **</li> <li>• Walking Tennis **</li> <li>• Prime video girls tennis**</li> <li>• Tots tennis **</li> <li>• Pay &amp; Play social tennis **</li> </ul>
<p><b>TENNIS "OPENED UP" (COMING 2023)</b></p>	

\* indicates currently "active" programmes

\*\* indicates new or revised programmes planned for launch in 2023

# JUNIORS

(ACTIVE NOW)

Our junior coaching programme is based on the **LTA Youth** programme structure which in turn is focused on developing kids (ages 4-18) using a fresh, fun approach to coaching tennis backed by world-class content based on the latest scientific research. The introductory programme, known as LTA Youth Start, is followed by a series of age/ability based LTA Youth Squads (BLUE, RED, ORANGE, GREEN).

At age 11+ our juniors move on to our **Hot Shots** programme where we also run a Performance Squad for those older juniors who are looking to participate in more serious competition.

Finally we look to provide leadership development opportunities to our older juniors via the SLQ recognised LTA Youth **Tennis Leaders** programme



**LTA YOUTH START**

**LTA YOUTH SQUADS**

**HOT SHOTS (11+)**

**PERFORMANCE SQUAD**

**TENNIS LEADERS**



# JUNIOR TENNIS PROGRAMME - 2023

**BRAMFORD TENNIS CLUB**



**BRAMFORD  
TENNIS CLUB**

**LTA**  
**YOUTH**



**LTA YOUTH RED (AGE 5-8) - TUESDAY 4.00-4.45PM**

**HOT SHOTS TOTS (AGE 2-4) - COMING SOON**

**LTA YOUTH ORANGE/GREEN (AGE 8-10) - TUESDAY 4.45-5.30PM**

**HOT SHOTS (11+) PERFORMANCE SQUAD - FRI 6.30-7.30PM**

**LTA YOUTH BLUE (AGE 4-6) - SAT 9.45-10.30AM**

**HOT SHOTS (11+) INVITATION SQUAD - SAT 10.30-11.30AM**

**INDIVIDUAL 1:1 COACHING BY ARRANGEMENT**

**\*COACHING DELIVERED BY CARL DOUGLAS LTA ACCREDITED + COACH  
(SUFFOLK LTA COACH OF THE YEAR WINNER 2018 & 2020)**

**CONTACT COACH CARL ON 07553 966380**



**HOT SHOTS**

@CARLDOUGLASCORACHING







# LTA YOUTH

JUNIOR TENNIS (AGES 4-11)



## BOOK NOW AND GET WITH THE GAME

**LTA YOUTH START**



**LTA YOUTH BLUE (AGE 4-6)**



**LTA YOUTH RED (AGE 5-8)**



**LTA YOUTH ORANGE/GREEN (AGE 9-11)**



**LTA YOUTH TENNIS LEADERS INSPIRING NEXT GENERATION**



**TEAM CHALLENGE FUN COMPETITIONS**



**PLAY YOUR WAY**



**TRANSITION  
JUNIOR-TEEN-ADULT PLAYER**



**FIND YOUR GAME  
MAKE FRIENDS**



**AWARDS  
YOUNG PERSON OF THE YEAR**



**MEET UP WITH FRIENDS  
GET ACTIVE, KEEP FIT, BE SOCIAL**



**FUN TENNIS RELATED  
OPEN TO PLAYERS OF ALL STANDARDS**



**LEADERSHIP SKILLS  
TENNIS LEADERS/DoFe**

**HOT SHOTS 11+**

**SOCIAL TEEN TENNIS (AGE 11-18)**





**TEAM TENNIS**  
NATIONAL LEAGUE (SUFFOLK)



**HOT SHOTS NXT GEN**  
EMERGING TALENT



**GROW YOUR GAME**  
MENTAL RESILIENCE



**GROW YOUR GAME**  
TECHNICAL & TACTICAL SKILLS



**GROW YOUR GAME**  
AGILITY, ATHLETICISM, ENDURANCE



**SELF ESTEEM**  
WIN TROPHIES



# HOT SHOTS PERFORM

COMPETITIVE TENNIS FOR JUNIOR PERFORMANCE PLAYERS



# ADULTS

## (ACTIVE NOW)

In recent years, we have established a very active adult tennis programme at the club which like our junior programme is largely based around a set of LTA sponsored initiatives including:

- **Ladies Pair & Play**
- **Tennis Xpress**
- **Cardio Tennis**

In addition to the above we also hold regular tennis social events known as **Tennis 3's**, run a number of adult teams (mens, ladies, mixed) in the local Ipswich & District Tennis League, and hold a weekly adult **clubnight** session.



**LADIES PAIR & PLAY**

**TENNIS XPRESS**

**TENNIS LEAGUES**

**TENNIS SOCIALS**

**WEEKLY CLUBNIGHT**



# ADULT TENNIS PROGRAMME - 2023

## BRAMFORD TENNIS CLUB



BRAMFORD  
TENNIS CLUB



# MAKE TIME

*for friends and tennis*

**LADIES PAIR & PLAY - TUES 6.30-7.30PM**  
**CARDIO TENNIS (FITNESS) - FRI 9.15-10.00AM \***  
**PICKLEBALL - THU 10.00-10.45AM \***  
**INDIVIDUAL 1:1 COACHING BY ARRANGEMENT**  
**ADULT CLUBNIGHT - FRI 7.30-9.30PM**  
**TEAMS (MEN'S/LADIES) - VARIOUS**

**\*COMING SOON, REGISTER INTEREST**

### KEY CONTACTS:

**COACHING - CARL DOUGLAS (07553 966380)**  
**CLUBNIGHT - SIMON BAREHAM (07748 475022)**  
**MENS TEAM - GRAHAM CHAPPELL (07981 842517)**  
**LADIES TEAM - THIRZA DOD (07939 806735)**



## HOT SHOTS

@CARLDOUGLASCOACHING





**SOCIAL TENNIS**  
LEARN NEW SKILLS

# ADULTS SOCIAL

SOCIAL TENNIS FOR ALL PLAYERS 18+



**SOCIAL TENNIS**  
MAKE NEW FRIENDS



**LTA LADIES PAIR & PLAY SQUAD**  
WEEKLY SOCIAL TENNIS



**TENNIS 3's SOCIAL TENNIS**  
FAST PACED FUN



**SELF IMPROVEMENT**  
1:1 COACHING



# IPSWICH & DISTRICT LADIES LEAGUES

DOUBLES MATCHPLAY



LADIES TEAMS LOCAL LEAGUES



MENS TEAMS LOCAL LEAGUES

# IPSWICH & DISTRICT MENS LEAGUES

DOUBLES MATCHPLAY



LADIES TEAM PLAYERS INSPIRING FUTURE GENERATIONS



SELF IMPROVEMENT & COACHING

# ADULTS COMPETE

COMPETITIVE OPPORTUNITIES FOR ADULT PLAYERS



# FAMILY CUP

SIGN UP NOW!

TEAM TENNIS  
NATIONAL SINGLES SUPPORT



ENGAGING  
HEAR ME ROAR!



FAMILY FUN  
PARENTS & KIDS



INCLUSIVE  
ALL AGES, ALL ABILITIES



THEMED FESTIVALS  
SUMMERTIME SLAM, MONSTER SMASH ETC



FAMILY FUN  
PARENTS & KIDS

# FAMILY FESTIVALS

GETTING THE WHOLE FAMILY ACTIVE



# TENNIS OPENED UP (COMING 2024)

In line with the LTA Vision of "Tennis Opened Up", Bramford Tennis Club wants to reach out to the local community and get as many people as possible playing tennis.

Tennis is a sport that anyone can play; whatever their motivation, ability or background. It can be played at any age and for a whole lifetime. Tennis provides physical, social and mental rewards both on and off the court.

The floodlight project will provide us with greater court time over the autumn/winter periods which will allow us to offer prioritised playing opportunities to people from the most deprived areas of Ipswich (IP1 & IP2) via our **Tennis for Free** weekly sessions



TENNIS FOR FREE

GIRLS TENNIS

WALKING TENNIS

TOTS TENNIS

PAY & PLAY





## TOTS TENNIS

### TOTS TENNIS

For children aged 2-4 years old. An early introduction to the world of tennis where kids learn the basics of the game through a series of fun activities centered on agility, balance and co-ordination (ABC's)

### PRIME VIDEO GIRLS

A multi-year programme to inspire thousands of girls to pick up a racket and play tennis. The programme will focus on creating an environment that motivates girls and young women to play and stay in tennis.



### LTA SCOUTS

LTA support the Beavers **Sports Activity Badge**, helping young people be active and develop physical skills through tennis related games.



# TENNIS OPENED UP

NEW ADULT INITIATIVES



## MUSIC, FUN AND FITNESS

*with this tennis workout*

**CARDIO TENNIS**  
Cardio Tennis is a fun, sociable group fitness class with a tennis twist. This tennis workout is open to anyone - all ages and abilities! Great music, great cardio and great people – what’s not to like?

### WALKING TENNIS

Walking Tennis is safe, fun and inclusive and a fantastic way to stay active! It’s a game that’s open to anyone - lifelong tennis players or complete beginners. Played on short courts with modified equipment.



### TENNIS4FREE

TFF operate fully inclusive mass participation group tennis sessions for all ages. Priority access will be given to those from disadvantaged (IMD<=3) and under-represented groups



# Get involved, grants sponsor, donate



**BRAMFORD**  
TENNIS CLUB

We need your help to bring our vision to life so please read on below and if you can help out in any way do get in touch

## **Programme Sponsorship**

There are costs involved in running tennis programmes and for some families this can be a barrier to getting involved. If you are able to sponsor one of our programmes it would help more people to take part.

## **Fundraising**

You could raise funds for the tennis club through your place of work by organising a fundraising event to raise money such as a cake sale, raffle or office challenge. In return for raising money for the club, we could organise some tennis themed team building activities for your staff.

## **Grant funding (infrastructure improvements)**

Help fund one of our infrastructure improvement projects e.g. LED floodlight upgrade, new clubhouse, replacement fencing, rebound walls etc. In return we can promote your organisation via our club website and using on court banners

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**Thank you for  
listening!**



**We look forward to  
working with you!**

## **Contact**

**Phone** 07553 966380

**Website** <https://clubspark.lta.org.uk/BramfordTennisClub>

**Email** [bramfordtennisclub@yahoo.com](mailto:bramfordtennisclub@yahoo.com)

**Address** Acton Road Playing Fields IP8 4HU