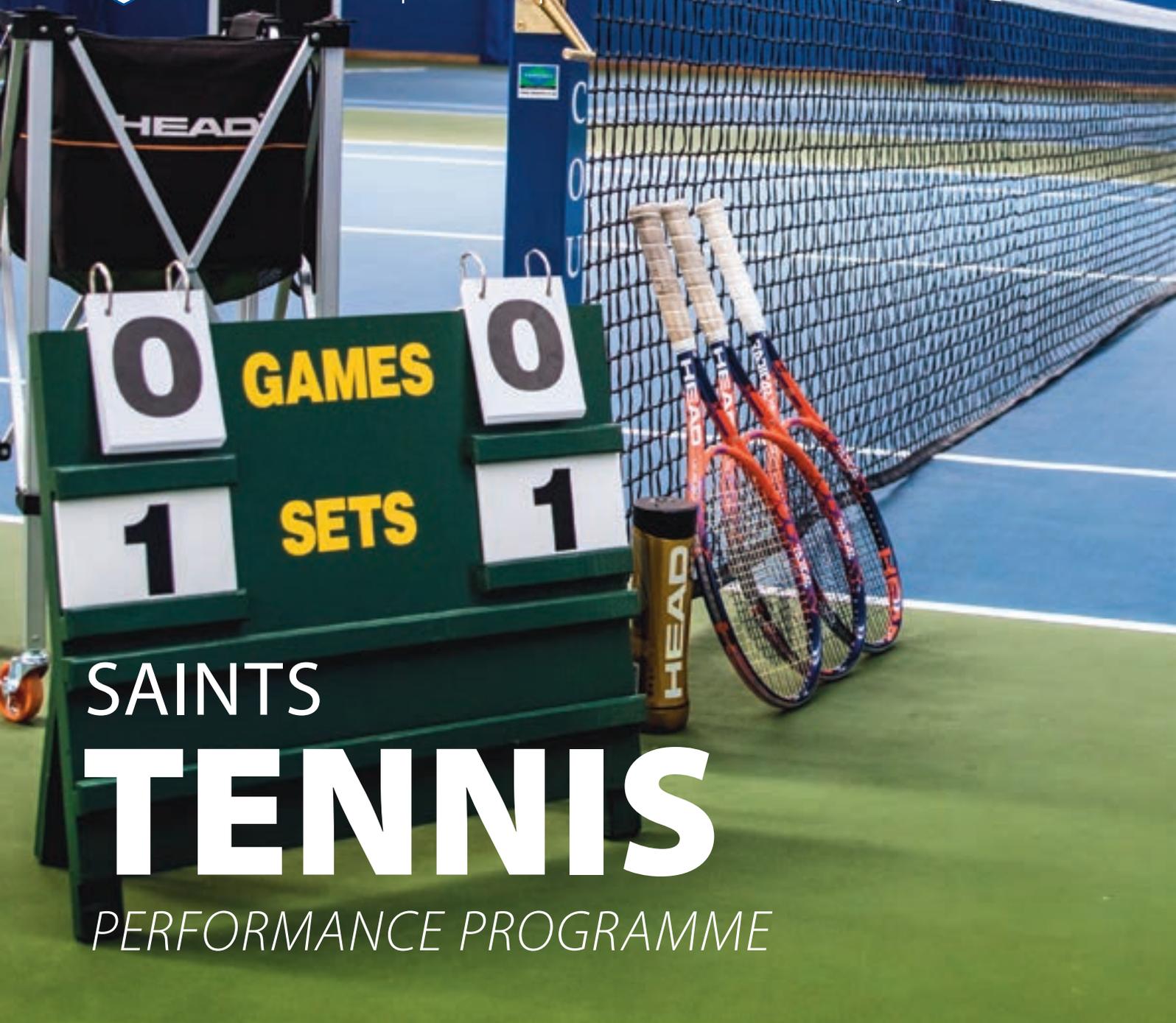




University of  
St Andrews | FOUNDED  
1413

SAINTS  SPORT



SAINTS  
**TENNIS**

*PERFORMANCE PROGRAMME*

# OUR



# VISION

**Our vision is to create a world-class tennis experience for our students to match their academic experience.**

We aim to run an inspirational and inclusive programme that allows students to reach their potential and ambitions as players, coaches and leaders.

**'EXCEL AS ONE'**

**With over 220 members, the University Tennis Club is one of the largest sports clubs in St Andrews and provides playing opportunities for all levels of ability and aspiration.**

The club runs activities every day of the week, with coaching and competition to suit any ambition. Our members are passionate about tennis and have come to St Andrews from all over the globe, bringing with them different backgrounds, experiences and skill sets, creating a very inclusive and close-knit club, where our newest members are quickly integrated and lifelong friendships are formed.

The club is run by a committee of students, who work with the Director of Tennis to provide an environment where players can improve their game, whilst meeting new friends on the court.

*“It’s no exaggeration to say I love this club. When I started back in September 2016, I remember being more homesick and out of my depth than I’d like to admit but the senior members of the club were incredibly warm in their reception and support and I am very grateful to the club for it. The two main aspects of the club that I’ve most made use of are the social and training elements.”*

– Vinnie Joseph

*“The tennis club really changed my attitude towards competitive tennis. I came to university adamant that I would never play another match but after having seen how much everyone enjoyed themselves I was inspired to join the team and represent St Andrews and train as often as I could. The club has the perfect atmosphere in which players can improve. The members and committee are open and friendly and make playing such a fun experience that progress is inevitable.”*

– Letty Chardon

# OUR

# CLUB



# BUCS

**Joining a sports club is a great way to meet new people and make new friends when arriving in St Andrews, and opens up a wealth of experiences and opportunities.**

# SQUADS

The Tennis Club recruits annually in September, taking on both those completely new to the sport and those who have played previously. Selection for team squads is carried out initially through trials, but is ongoing throughout the year, depending on player development and commitment at training sessions and achievements during match play.

The programme currently supports 5 men's and 3 Women's teams competing in British University and College Sport (BUCS). We have three Women's and three Men's training squads all receiving coaching throughout the year.

Each week, in preparation for their matches, the top squads of 12 men and 12 women receive two coached sessions, two strength & conditioning sessions, a match practice session.

There is also the opportunity to play at any time outwith the training programme and all players are helped to set their own game development goals.

Each week, in preparation for their matches, players in the "A" squads, with the top 12 men and 12 women receiving two coached sessions, two strength and conditioning sessions, and a match practice session. There is also the opportunity to play at any time outwith the training programme and all players are helped to set their own game development goals.



**Tennis is one of 12 Performance Sports at St Andrews, benefiting from increased support and a dedicated sports specific Director, and offering a holistic, athlete-centred programme that focuses on teamwork, enjoyment and player development.**

We strive to provide the very best support and a comprehensive programme of training and competition to enable our students to harness their full potential and excel in both their academic and sporting endeavours.

#### **PROGRAMME HIGHLIGHTS**

- Two group sessions per week where the students develop the mental, tactical, technical and physical aspects of their games
- Individual sessions at times during the year
- Weekly sport specific strength and conditioning sessions led by our excellent S&C coaches
- Physiotherapy support
- Off court sessions to improve understanding of nutrition, recovery, psychology and time management
- Regular fitness testing to monitor progress
- Individual meetings to discuss personal goals
- Competitive matches throughout the season; including team matches, individual tournaments and internal singles box leagues
- Video analysis and feedback
- Comprehensive pre-season training camp
- Opportunities to develop leadership, volunteering skills and coaching qualifications

# THE

# PROGRAMME





# THE

**DIRECTOR OF TENNIS**  
**Mike Aitken - (LTA Senior Performance Coach)**

**Mike Aitken joined the University as Director of Tennis in 2010 after 25 years' experience as a full time tennis teaching professional.**

# DIRECTOR

Mike has been Director of Tennis at the University since 2010 and his remit has been to develop the performance side of the teams, help to grow participation and work alongside the student club to build a dynamic, thriving club.

Mike has coached Scottish Junior and District squads, and several players who have competed at county level or internationally with Scotland and Great Britain. Along the way he has received several personal awards for his contributions to the sport, the most prominent being Tennis Scotland's Coach of the Year award, which he won in 2000 and 2014, and the LTA's AEGON Coaching in Education Award, won 2015.

He previously had the role Performance & Talent Coordinator & Development Manager with Tennis Scotland.

Mike has represented Scotland at various age groups from over 35 to over 50. He is a former winner of the Scottish Men's Hardcourts Doubles title, four times winner of the Over 35s Scottish singles title and has an Over 50s Scottish singles title to his name.





# OUR

**The University Sports Centre has recently undergone a major £14 million redevelopment, and now provides some of the best sports facilities in Scotland.**

# FACILITIES

With the opening of the new four-court indoor tennis centre in March 2018, the University of St Andrews became only the second university in Scotland to invest in indoor courts.

With the four indoor and four outdoor courts within the centre, our tennis facilities now offer a fantastic opportunity for students to receive a world-class tennis experience.

Jointly funded by the University, sportscotland, Tennis Scotland, the Lawn Tennis Association (LTA), a private donor and the St Andrews alumni community, the £3 million facility, along with our four outdoor floodlit courts, will allow the University to achieve its aim of running a comprehensive and inclusive tennis programme that caters for increasing participation, competitive opportunities and coaching for all ages and levels.

As a Performance Sport, the Tennis Club also gains access to full strength and conditioning support, including supervised sport-specific lifting sessions twice a week from accredited coaches. Our Strength & Conditioning Suite is dedicated to elite teams and athletes, providing a private space in which to train undisturbed. Featuring five lifting stations, a three-lane plyometric track, a throws wall and a designated 'rehab zone', the new strength and conditioning suite also offers video analysis support.





**The tennis programme provides plenty of activities for students who are not playing for the University teams. We cater for players of all standards and experience, allowing everyone the chance to enjoy tennis all year round and develop their ability.**

Our social tennis sessions run twice a week and are supervised by club committee members, who organise the evening ensuring everyone has a chance to play. Open to all members of the club, the sessions offer a great opportunity for players of all levels to interact and mix with each other in a fun and sociable setting.

All members within the club have access to coaching throughout the year, from beginner through to our performance squads. Group coaching is available at beginner, intermediate, and advanced level, with one-hour classes led by LTA certified coaches from within the club.

There are also opportunities for the non-team players to compete at the appropriate level through, for example, fun tournaments and singles ladders.

**SOCIAL**

**TENNIS**

**The club is passionate about developing tennis within the local St Andrews area, and providing more opportunities for students, local children and the wider community to be active and get involved in the game.**

# COMMUNITY ENGAGEMENT &

Over the years the club has developed a strong relationship with the local primary schools and the St Andrews Community Tennis Club, running after-school clubs, kids' tournaments and school taster sessions to encourage children to take up tennis. The club has strong links with the other local tennis clubs in the area and offers additional coaching opportunities.

More recently the club has linked up with Madras College in St Andrews to offer tennis as an option in their PE schedule, with sessions supported in part by student volunteers from the club.

Access to the indoor tennis centre at the University now provides greater capacity for extending the range of activities we can offer, and increases the opportunities for our students to give something back to tennis and the local community.

There is also the opportunity to get involved with International Volunteering. In the past 4 years, we have had 5 tennis members in Zambia delivering tennis to children there as part of a University wide project. This was an experience that the students loved.

*"The St Andrews Tennis Club provides so many opportunities including its international engagement trip to Zambia to coach tennis. I have been lucky enough to take part in this volunteering trip and it has been one of the best experiences I've ever had."*

– Ridwan Pfluger

# VOLUNTEERING





**Our international volunteering projects in Africa offer students a wonderful opportunity to add value to their university education, enhance their global awareness and develop their leadership, teaching and coaching skills.**

In 2016 the University launched a new tennis project in Zambia, which sees students travel to the capital Lusaka each summer for four weeks to coach children from local schools and compounds.

Based at the Olympic Youth Development Centre, the student coaches work alongside the number one seeded player from Zambia, Edgar Kazembe, to deliver a development programme for aspiring tennis players.

Whilst the main focus of the project is developing the game for children, the students also spend time with the local Zambian coaches, offering additional training and coach education.

*“The St Andrews Tennis Club provides so many opportunities including its international engagement trip to Zambia to coach tennis. I have been lucky enough to take part in this volunteering trip and it has been one of the best experiences I’ve ever had.”*

– Ridwan Pfluger

*“We are very happy with the coming of University of St Andrews Tennis Project to not only the OYDC but other locations of the City of Lusaka as well. This is good news to our country and all the tennis players. I am ready to work with the students, who should expect the best from our side.”*

– Edgar Kazembe

# **INTERNATIONAL**

# **VOLUNTEERING**



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