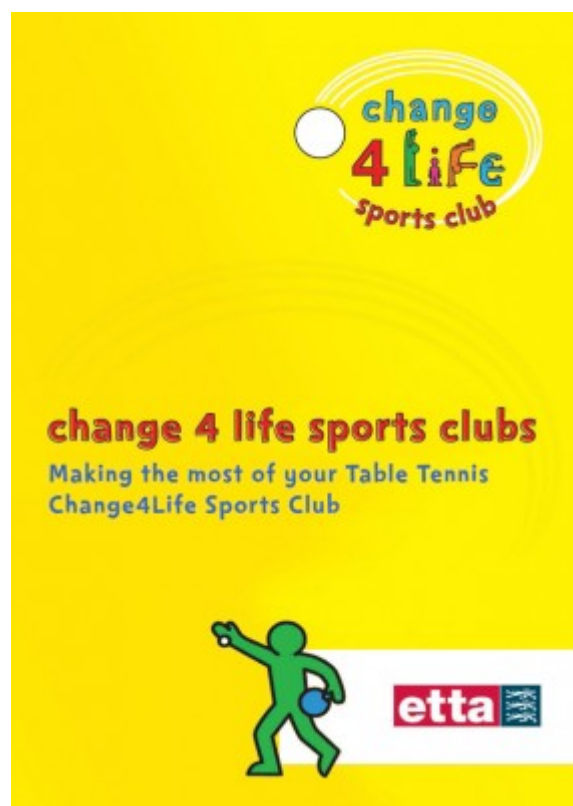


# C4L Handbook

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Change4Life Sports Clubs are quickly becoming a fantastic tool for schools to engage less active young people and retain their involvement in physical education and school sport as well as a great vehicle for the deployment of young leaders and volunteers. Evidence suggests that Change4Life table tennis clubs are making a real difference through the offer of a non-traditional school sport being delivered on a school site.

This guide is intended for those of you who have started a Change4Life Table Tennis Club or intending to start one in the future. The information provided will help your school as you work to develop, maintain and sustain the table tennis club to serve the needs of the school and community for years to come.

[Please click here to download the handbook.](#)

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