



change 4 life sports clubs

Making the most of your Table Tennis
Change4Life Sports Club



Introduction to this guide

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.

For more information about the programme please visit www.nhs.uk/c4lsportsclubs

The steps in this guide are:

- Step 1 – Ask for help
- Step 2 – Schools Manager
- Step 3 – Equipment and funding
- Step 4 – Supporting your club
- Step 5 – Providing an attractive table tennis programme
- Step 6 – Developing the workforce
- Step 7 – School-club links
- Step 8 – Resources
- Step 9 – Local competitions and leagues
- Step 10 – Sustaining the club long term

Step 1 – Ask for help

There are lots of ways to find out more information about table tennis. Our website is full of information and links to resources – www.etta.co.uk/change4life

We also have a regional team of Development Managers and Coaches, who are there to support clubs and coaching in your region. To find your regional contact details, as well as the latest news from around the regions, please go to www.etta.co.uk/development or www.etta.co.uk/coaching. Please don't be afraid to ask, we are here to help you with any table tennis questions, and to help your club grow from strength to strength.

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Step 2 – Schools Manager

Our web-based Schools Manager area can be used to communicate with club members, and create a table tennis community within the school. Features include:

- an easy to use register of table tennis participants at the school
- keep track of session dates
- auto generated fixtures for competitions
- an online competition ladder
- a personalised website for your school club and much more!

Schools Manager is an ideal partner to Explore Table Tennis, our online technical resource portal, with video resources and an interactive session planner. Schools Manager will be available soon, for more details please visit www.etta.co.uk/schools

Step 3 – Equipment and funding

Equipment

Should you need more equipment for your club or some new tables you can find advice on types of table, blades and rubbers, as well as a list of table tennis equipments suppliers here - www.etta.co.uk/our-sport/our-sport-other-information/equipment-guidance/

There are more than just bats and balls on offer, you can purchase table surrounds to divide the courts, umpire tables (for competitions), score boards and even table tennis robots!

Instant ping pong - anytime, anywhere, anyone!

Everything you need to play ping pong is in the pack, and the rollnet takes seconds to set up and put away. It literally is Instant!

The rollnet can attach to almost any table so anywhere you have an empty desk or table, you can play ping pong. Play in the classroom, in the staff room, turn desks into extra tables in the sports hall, outside - anywhere!

‘The net is the best sports kit invention I have ever seen!’

Instant Ping Pong can be played by everyone. The Play Cards show how fun, inclusive games can be run as well as providing competition formats. Age, gender, ability – it doesn’t matter, everyone can play and enjoy ping pong!

For more details please go to www.etta.co.uk/instantpingpong



Outdoor table tennis tables



Outdoor table tennis tables are ideal for schools as they are space efficient and provide an alternative outdoor activity that appeals to a wide variety of people. Students can turn up and play, it is much more flexible, informal and encourages less active pupils to have a go and promotes healthy activity.

“In the past our outdoor sports facilities have only provide opportunities for people who want to play football, basketball or cricket, so if you didn’t want to get sweaty chasing around between lessons then there was nothing for you to do. The outdoor table tennis tables have given us something simple and fun to do during our free periods or if we need a break from revision.”

NewVIc Sixth Form College

“The tables are used every breaktime and lunchtime without fail. Students borrow equipment from the PE department and play with their friends. We also run fun competitions at lunchtimes and after school.” Mayfield School

For more information about outdoor tables please visit www.etta.co.uk/development

Funding

In order to develop your club further, more resources may be needed and there are several funding opportunities available to you.

For further information please visit - www.etta.co.uk/wp-content/uploads/2011/03/Funding-Information.pdf



For local information on funding opportunities your local County Sport Partnership (CSP) website (www.cspnetwork.org) will detail all the funding opportunities available with contact details. Your ETTA Regional Development Manager will also be able to help you with finding and applying for a grant.

One funding option is Cash 4 Clubs, which offers all sports clubs in the UK the chance to win grants ranging from £250 to £1000. It’s a simple scheme aimed at giving community clubs a helping hand and provide the opportunity to raise the money they need to invest in their club.

For more details please visit www.cash-4-clubs.com

Funding programmes from Sport England can support your club to grow and create opportunities for your students to excel. For more details please visit www.sportengland.org/funding

Why not run a fundraising event, to raise money for your club as well as recruiting new members. Challenge people to beat the pro, highest rally or even a 24-hour ping pong event! There are some great ideas for running an event at www.change4lifesportsclubs.org



Step 4 – Supporting your club

The Change4Life Sports Club programme has generated growth in participation and associated health and behaviour benefits. Your club is a great asset and with our support we hope it will continue to succeed. Table tennis is a low cost, inclusive sport that has also engaged less active students and this is something that we hope will inspire new members as well as retaining existing ones.

The ETTA club web page, www.etta.co.uk/clubs, is another useful resource for clubs.

Developing young leaders is very important, and has been a key part of the Change4Life programme, helping to run a school club, training to become a coach or referee, and acting as a mentor are all important areas where young people can gain confidence and achieve their potential.

For details of our training courses in leadership, coaching and umpiring, please visit www.etta.co.uk/change4life

The ETTA's regional team will be able to offer advice and keep you up to date with local projects. You can find details here - www.etta.co.uk/development and www.etta.co.uk/coaching. You can also follow us on twitter (@ETTATableTennis) and Facebook (www.facebook.com/englishtabletennis).

Remember to keep advertising your club, so new members know what's on offer. Perhaps you could put an article on the schools website/newsletter or run a celebration event. There is a great toolkit with lots of ideas on the Change4Life Sports Club website www.change4lifesportsclubs.org

Get everyone involved! It's not just about playing ping pong, you can get lots of different people to help run and promote the club, for more ideas see Step 6.

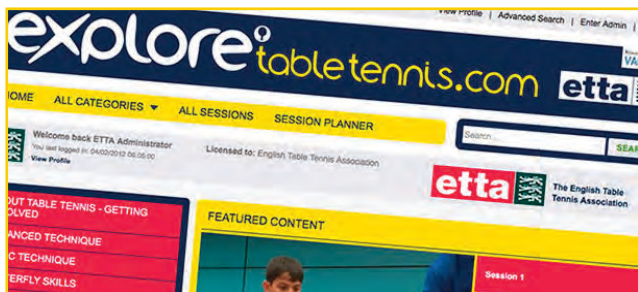


Step 5 – Providing an attractive table tennis programme

There are lots of ways to make table tennis sessions fun and inclusive, and it doesn't always have to involve a table or formal play. The Butterfly Skills table tennis manual provides an exciting and progressive framework to deliver table tennis in your club. It supports teachers, coaches and leaders through the provision of table tennis lesson plans, competition/festival ideas, skill practices and skills awards.

Explore Table Tennis is our online technical resource portal, where users can learn about the basics of table tennis, pick up new skills and create entire coaching sessions using video resources and coaching diagrams.

For more details please visit www.etta.co.uk/coaching :



Using a diverse range of sources means that table tennis programmes can be varied and keep members engaged.

Don't forget the Change4Life videos which range from learning to play to fun activities, www.etta.co.uk/change4life/videos

Step 6 – Developing the workforce

Workforce development is essential to having a successful Change4Life Sports Club and sustaining its delivery year on year. As young people leave the club through moving on from the school or leaving to play at a more competitive level, it's essential to replenish participants, coaches, leaders and volunteers. With this in mind ETTA are committed to delivering courses for Change4Life Sports Club schools to attend. To arrange a course or to order resources, contact your local School Games Organiser or County Sport Partnership (www.cspnetwork.org).



Running a successful club is not just about getting players, you can also engage people in other roles. For example: event organiser, media officer, secretary, umpire, treasurer, young coach or young official.

For more ideas and details of our training courses in leadership, coaching and umpiring, please visit www.etta.co.uk/change4life

You can also search for table tennis volunteering opportunities on www.inspired.com



Step 7 – School-club links

Developing a link with your local table tennis club will provide a greater sporting experience for your members and provide a pathway for progression. For example a coach from a local club will be able to run high quality coaching sessions at the school and in turn the students will respond well to a familiar face when they make the transition to the community club.



Clubmark is a cross-sport quality accreditation for junior clubs or clubs with junior sections. Clubmark status means that clubs can ensure the well-being of young people, enthuse them to enjoy sport and build a healthy and active lifestyle. PremierClub is ETTA's club development

programme and is awarded to proven high quality table tennis clubs. For more information about PremierClub and Clubmark please go to www.etta.co.uk/clubs

For details of your nearest Clubmark or PremierClub please visit <http://spotlight.etta.co.uk> or contact your ETTA Regional Development Manager.

Step 8 – Resources

In addition to the resources mentioned in this guide and on the ETTA website (www.etta.co.uk) you can also find out about courses, funding opportunities and events from your local County Sports Partnership (CSP).

CSPs cover a number of sporting work areas and can help clubs, volunteers and participants in delivering and developing their sport. To find your local CSP please go to www.cspnetwork.org



Step 9 – Local competitions and leagues

The ETTA currently works in partnership with the English Schools Table Tennis Association (ESTTA) to deliver inter- and intra-school competition. Having a strong inter- and intra-school competition framework is important to encourage young people to gain confidence and improve their level of skill and sportsmanship. For more details and to download your free league pack please visit www.estta.org.uk



School Games

The School Games gives young people the opportunity to represent their school and compete at different levels in a nationally recognised competition. To find out about the School Games and sign up if your school hasn't already, please go to www.yourschoolgames.com



Your Change4Life Sports Club is an ideal base for young people to become comfortable with competing in their school and against other schools. So why not take advantage of the challenge cards and competition formats we have developed with the Youth Sport Trust for intra- and inter-school competition?



Step 10 - Sustaining the club long term

It's important to think of ways to sustain your Change4Life Club Table Tennis Club, so that it becomes an integral part of the school, and new students can have the opportunity to take part.

Here are a few tips and ideas to help you achieve this:

- regular training of young leaders and staff.
- linking up with local table tennis community clubs and coaches.
- promote your club to attract new members.
- a mix of activities to cater for social and competitive players.
- create your own club competitions and award medals and trophies to the winners
- perhaps charge a small membership fee, for example £2, to enable a club fund to pay for competitions and coaching etc.
- produce case studies and photos (with relevant permissions), these are always useful when applying for funding.
- think about what are you doing now that you would like to do more of, better, or differently?

Most importantly remember to have fun!





www.nhs.uk/c4lsportsclubs

