



# October

[Avon Tennis website](#)

This Newsletter is sent to the Club Main Contact of Avon Tennis Clubs.

Please ensure this is distributed across your tennis club community. If you can't see images, please right click if asked to do so in the pop up box. We hope the new email system is working and this newsletter reaches you.

## LTA Tennis Awards - NOMINATIONS OPEN

### Nominations Open for 2025

The **LTA Tennis Awards** recognise the hard work of volunteers, coaches, officials, clubs and venues involved in tennis.

They could be those who dedicate their time and energy to the development and growth of the sport, or players achieving great things on court.

### Avon Tennis Unsung Hero Award

You can also use the same form to nominate your **Avon Tennis Unsung Heroes**

This is a special award to acknowledge those people who have contributed to the success of tennis in our County who may not fall within the LTA Nomination criteria but who equally deserve recognition.

The recipients of this award would have made a substantive yet unheralded contribution to tennis in the County that has resulted in a positive impact to their Club, the local Community or the Tennis Environment in which they operate.



### AND THE CATEGORIES ARE

1. CLUB OF THE YEAR
2. COACH OF THE YEAR
3. PERFORMANCE COACH OF THE YEAR
4. TENNIS OPENED UP AWARD
5. PARK VENUE OF THE YEAR
6. COMPETITION OF THE YEAR
7. SCHOOL OF THE YEAR
8. UNIVERSITY OF THE YEAR
9. LIFETIME ACHIEVEMENT AWARD
10. OFFICIAL OF THE YEAR
11. CATHIE SABIN VOLUNTEER OF THE YEAR
12. YOUNG PERSON OF THE YEAR
13. LTA PRESIDENT'S AWARD



**SCAN NOW TO NOMINATE**

NEW THIS YEAR - ALL NOMINATIONS WILL BE ENTERED INTO A PRIZE DRAW

## Two great CPDs in Avon this month!

Over 45 Coaches from Avon came together for a networking event at DL Westbury. A great CPD from Simon Wheatley and lots of fun and learning on display.



A fascinating CPD on coaching Females was held at DL Westbury this month. Well done to the coaches who attended.



**Safeguarding**



### Keeping children and vulnerable adults safe in sport

Safeguarding underpins all activities across Avon Tennis, and the recent annual LTA safeguarding conference was held on 5<sup>th</sup> October. All 11 sessions will be available to view online shortly, and **you can register for the chance to view these [here](#)**.

There was a particularly important and popular piece from Dion Raitt, a survivor of abuse in football, who spoke about his experience. The Bystander Theory session also highlighted the fact that safeguarding is everyone's responsibility, and Avon LTA Councillor, Treasurer and County Safeguarding Officer Ian Alexander spoke on safeguarding for events, competitions and trips. This is great information for anyone involved or wanting to know more about safeguarding in tennis and padel. For more about the latest in safeguarding, see [here](#)

## Inclusion & Open Court



### Inclusion week 2024 in Avon – events, support and great new courses

The LTA's national inclusion week took place on September 23 – 29. This gave Avon Tennis the opportunity to celebrate the varied inclusive activities across the county.

Rachel Harland leads our [Open Court programme](#), which focuses on improving mental and physical health, through our inclusion and disability initiatives. Some of our Avon Tennis Executive went to recurring Open Court Tennis activities. Mandy Stonier visited the [Sodbury Tennis Club Walking tennis and Acez groups](#) led by Pete Caseley. Rachel and Helen Abbott also visited the [David Lloyd Long Ashton and Access Sport Neurodiversity and Learning Disability Tennis Group](#) led by Dave Gibbon, which is held on Thursdays. The 2 sessions cater for 5-12 year olds and 13+ year olds respectively.

George and Rhys at Cotham Park after playing singles. They are both very good players, Rhys has the

**The Neurodiverse and learning disability tennis sessions are underway at David Lloyd Long Ashton**

Max attends the David Lloyd Long Ashton group with Dave Gibbon on a Thursday and Redcatch Park on a Saturday

opportunity to enter Learning Disability Tournaments with a chance to win a medal.

**on Thursdays 4.15-5.00 pm and 5.00-6.00 pm. Here are Ollie & Max enjoying their session.**

with Matt Thompson. Matt says Max is getting on very well and is showing a real natural talent and passion for the game. Max's mum says how much he loves it.



**Access Sport is a national charity formed in 2004.**

Access sport has so many opportunities for all in our county. They believe that no one should be excluded from the transformational benefits of community sport. They train, equip and support community sports clubs, organisations and volunteers to provide inclusive programmes, unleashing their potential to transform the lives of underserved young people in their local communities.

[Click here for more information](#)

## Upcoming Dates

- \* 4th November - Safeguarding webinar
- \* 10th November - 10U/11U County Trials - DL Westbury
- \* 14th November 9 - 1pm - LTA Coaches Forum - University of Bristol
- \* 30th November - Deadlines for LTA Venue Registration & LTA Award Nominations
- \* 22nd January 2025 - Avon Tennis AGM

# And Finally!

## DID YOU KNOW?

**The word "tennis" comes from the French word tenez, which means "hold! receive! take!".** The server would use this term to call out to their opponent before serving.

**The first tennis balls were made of wool**

**The term "love" is used to describe a player's score when they have no points .** The term comes from the French word l'oeuf, which means "egg"

**Tennis was originally played with bare hands.** The game was initially played with bare hands, and players used to hit the ball with their palms. This was known as "jeu de paume" or "game of the palm" in French. It wasn't until the 16th century that rackets were introduced

### Avon Tennis

Coombe Dingle Sports Centre, Bristol  
United Kingdom

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