#### Student tennis

The Athletic Union tennis club has around 500 members, including performance team players and social members. Membership costs £95 a year, including a social top, free court time, coaching sessions and internal and external competitions.

As a coach education centre we offer regular coaching qualification courses. For more details, contact Ann Williams (a.williams5@exeter.ac.uk)

## **Beginner Tennis**

The Tennis Club offer two Beginner sessions per week for students who haven't played much tennis before and want to give it a go.

### **Intermediate Tennis**

The Tennis Club offer two Intermediate sessions per week for students who have a basic understanding of technique and scoring. Those who play in this session can enter into our University Team Challenge and Box League.

### **Advanced Tennis**

The Tennis Club offer two Advanced sessions per week for students who regularly play tennis and are looking to develop certain skills. This session will help develop technical and tactical elements ready for match play. Those who play in this session can enter into our University Team Challenge and Box League.

# **Development**

Our Development Squad sits just below our BUCS teams. The squad is based on selection and allows players to develop their skills further for match play situations. Those in Development have the opportunity to play against other Universities in our South West Series and Box League.

## **Cardio Tennis**

A fun, sociable group fitness class open to all abilities.

#### **Touchtennis**

A modified version of tennis played on a compact court with foam balls and 21 inch rackets. The game is particularly useful for beginners looking to improve their hand-eye coordination.

# **Club Drills**

Six courts, six coaches with six different drills on each court. All abilities welcome.

#### **Club Night**

Social tennis overseen by a coach. A chance to come and have a hit with friends. Designed for students to play in a friendly and social environment.

# **Free Court Time**

The Tennis Club book out courts throughout the week for students to come and have a hit on.

### **BUCS Tennis**

Students are able to represent the University in the British University and Colleges Sport (BUCS) leagues. Exeter currently has 4 Men's and 4 Women's BUCS teams, with both 1st teams competing in the National Premier League.

Team players are invited to pre-season in September and regular BUCS training with the opportunity to attend team training at least 3 times a week along with fitness sessions. High performance players also receive additional strength and conditioning support.

## **Trials**

Every student who wants to try out for the BUCS teams and Development squad must attend trials which take place during Freshers week. Students who do not make the teams will be contacted after trials on which session is appropriate for their standard.

For more information about the Tennis Club, contact University Tennis Coordinator, Katie Millar (k.e.millar@exeter.ac.uk)

For more information about BUCS tennis, contact Student Performance Coach, Jack Large (j.large@exeter.ac.uk)