

Be TT Impact on Clubs and Leagues

Theme: physical activity, women and girls

Defining the Issue

Creating positive experiences in sport and physical activity will lead to an increased likelihood of people continuing their participation and creating regular playing habits. Be TT is a Table Tennis England programme designed for clubs and leagues to access support to create better experiences for everyone who experiences the sport, in the hope that this will lead to sustained participation in table tennis.

Background Information

Be TT is a programme to support clubs and leagues to build better experiences for those who play, coach, volunteer or officiate in the sport. The programme has now been running for three years, during which time 150 projects have received funding to enhance people's experiences of table tennis. Throughout the three years projects focusing on women and girls and testing different league formats have been a priority, with 92 funded projects linking to these areas.

The Projects and Impact

Liverpool & District Table Tennis League



Liverpool & District Table Tennis League established a new short format Summer league competition, held over 10 weeks at a local community venue.

A total of 49 players registered for the Summer League in 2018, with a range of adult and junior players.

Weymouth & District Table Tennis League

Weymouth & District Table Tennis League ran a 5-week block of 'This Girl Can' sessions at a local community venue, to accommodate beginners and returning female players

26 females attended over the 5 weeks, with many transitioning to other sessions to develop their skills or playing more competitively.



Highbury Table Tennis Club

Highbury Table Tennis Club had a low female membership and with Be TT support led female only coaching sessions to attract new players

The sessions attracted between 15-20 participants each week, many of whom were new to the sport. As skills and confidence progressed, a women's team was formed in the Central London League for the first time in 15 years, with 15 women playing in the league during the 2018/19 season



"Ladies sessions at Highbury Table Tennis club are the highlight of my week. I played a little bit in the past but not on a regular basis, so it was great to have weekly lessons to improve my game and meet like-minded people"

Norwich City Table Tennis Club



"We'll run the programme again in the future and look forward to engaging more women into the game"

Norwich City Table Tennis Club used Be TT funding to create a 10 week programme to introduce more females into their club, using a flexible 2-v-2 format

The flexible format allowed for commitment levels to develop over the duration of the programme. Participants were also able to socialise more, which many people enjoyed. After the 10 week programme, 5 teams entered the local league

Bath League



Bath League wanted to attract more females to their clubs and with Be TT support ran two eight-week blocks of female only coaching sessions to encourage more women and girls to take part in table tennis in the local area

28 females took part across the two blocks of activity, with the sessions helping to add to the opportunities available in the local area. Further coaching sessions are planned for the future, alongside social sessions for those who would prefer this over formal coaching

Wensum Table Tennis Club

With traditional league matches being unappealing with young new players, due to late finishes, Wensum Table Tennis Club ran a new league format over a four day period

A total of 8 young people took part in the project, playing 28 matches over four days in a round-robin format. The more relaxed nature of this format is hoped to encourage young people to start their competitive table tennis careers



Lytham St Anne's Table Tennis League

In order to attract more players, Lytham St Anne's Table Tennis League introduced two new coaching sessions, one for adults and one for juniors, launched with an open day.

24 players attend the weekly sessions, including 5 junior players, with a number of players participating in Summer League competition. The sessions have added to other opportunities available along the Fylde Coast, including 7 Bat & Chat sessions for over 50's.



Key Learnings

1. Creating priority areas of work, such as women and girls and varying league formats, leads to several clubs delivering meaningful and engaging experiences for demographics or areas of work that are of particular importance
2. As many projects are short term, ensuring sustainable and suitable exit routes for participants to continue to be involved in the sport is vital



Further Information

For more information about Be TT, visit <https://tabletennisengland.co.uk/clubs/clubs-guidance/be-tt/>

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