

Healthy Queensland Awards

To establish a Primary School tennis programme utilising Bracken Ridge Indoor Sports facilities. Commencing with the Northern suburbs of Brisbane, the Junior Tennis Association (JTA) is seeking to organise before and after school tennis lessons for 5-12 year olds. The emphasis of this proposal is to get children active, learn new physical skills and to have fun. The targeted recipients of this proposal, nominated by participating State Schools, will come from underprivileged backgrounds or children who, because of their physique, would be precluded from inter-school sporting competitions and therefore would not have had the opportunity to learn this sport.

CRITERIA

1. Planning: How did you identify the need for your project or initiative and how was it planned?

- It was identified there was a void of support for children at Primary School age, especially those whose parents cannot afford normal tennis lesson costs, in the Aspley to Bracken Ridge area.
- The Junior Tennis Association was having success in encouraging children to gain a love of the game and to increase their sporting ability. It has also had an impact on helping overweight children become more active.
- Tennis Queensland provides support for children playing this sport; however, there are limitations with regards to all children as only top performers for the State can access this support. The niche of this program is that its goal is supporting overweight and financially disadvantaged children.
- The Bracken Ridge Indoor Sports centre is immediately available for use before and after school and is supportive and enthusiastic regarding this proposed program.
- The Junior Tennis Association is established and has had much success in getting boys and girls proficient in tennis.
- Consultation with State School Principals in the areas surrounding Bracken Ridge has indicated strong support to implement this unique program, which encompasses not only the sport of tennis but nutritional and overall fitness advice in an engaging environment. The following School Principals are extremely enthusiastic in becoming involved in this proposed program; Aspley State School, Aspley East State School, Bald Hills State School, Boondall State School, Bracken Ridge State School, Eatons Hill State School, Norris Road State School, Taigum State School. Each of these eight schools listed being ideally placed to nominate participants who would fall into these targeted groups.
- The main impetus for driving this project is associated with the values system fostered by the Junior Tennis Association because this is congruent with the Queensland Health Strategic Plan 2007-2012 that states that one of the key initiatives is to:

*Deliver a range of interventions that are effective in preventing chronic disease by addressing the common risk factors of smoking, poor nutrition, alcohol and **physical inactivity**.*

References:

http://www.health.qld.gov.au/publications/corporate/QHstratplan2007_2012/QHStratPlan07_12.pdf
<http://www.jtaqld.com/>

2. Implementing and monitoring: What have you done and how do you know it worked?

- The Junior Tennis Association, which is a non-profit organisation, has provided structured coaching and fixtures for primary school students at Bracken Ridge Indoor Sports.
- Mr Bednarek has established a culture of fun, sporting etiquette and tennis skills in a large group of children ranging from 5-12 years of age.
- It is testament that most children coached by Mr Bednarek stay with him, many now coming up for their seventh year with the program. His in-house tournaments and fixtures focus on helping children achieve their personal best rather than concentrating on a more acute competitive style. This is not to say however that his students are not achieving in external venues; there are quite a few 'stars' out there actively competing in regional competitions including Met North, Catholic Tennis and various state tournaments.
- The environment and achievements generating from his coaching has prompted a group of past and present parents to volunteer their time to try to establish an idea, which will allow overweight and underprivileged children access to his training methods.
- Mr Bednarek has established a scholarship program supported by donations from industry. This program is also available for primary school students and has encouraged children to nominate for regional tennis tournaments and to compete at a higher level. The commitment to this program has been outstanding with good attendance at coaching and positive enthusiasm show by all recipients.
- Various Queensland Tournaments
- Metropolitan North School Sport – Tennis
- Queensland Catholic Lawn Tennis Association Championship
- Super League & Fixtures

3. Partnering: What partnerships did you build to make your project or initiative work?

- A solid partnership exists between the Junior Tennis Association and St Joseph's School and this is particularly evident through the St Joseph's Annual Primary School Championship, which is run as a partnership between both organisations with the intent of promoting tennis for these children.
- AMart AllSports also sponsor tennis products and vouchers for tournaments.
- There is also a strong partnership with the parents of students (both past and present) who are committed to giving something back to the community.
- The Junior Tennis Association will continue to build partnerships with Industry if granted this award as a valid and robust initiative to promote physical activity in our youth.



Pictured above: Martin Wilkie (former principal St Joseph's School Bracken Ridge, winners of the St Joseph's Annual Primary School Championship and Coach Teddy Bednarek.

<http://www.jtaqlld.com/tournaments.htm>

- The Junior Tennis Association offers its players access to annual competitions, which function with support in the form of sponsorship from industry affiliates and these, are the Lincom Cup and the AMart AllsportsCup.



Pictured above: Winners and officials Lincom Cup



Pictured above: Winners AMart Allsports Cup.

- Teddy's Cup is the season ending Masters Junior Singles Championship dedicated to Teddy Bednarek in recognition of his 3 decades of tremendous and tireless contribution to junior tennis coaching around the world. The top eight invited girls and eight invited boys compete in a round rob in format with lead players competing in the finals.



Above: The winners 2008 Teddy's Cup

- As lead coach for the Junior Tennis Association, Teddy Bednarek has been invited to promote the tennis program at assemblies to primary schools within the district and these have included:
 - Eatons Hill Primary School
 - Aspley Primary School
 - Bald Hills Primary School
 - St. Joseph's School, Bracken Ridge
 - Wilston Primary School

4. Winning: If you win, what do you plan to do with the award money, how much will it cost and how do you intend to maintain and sustain it?

Should this submission be favourable the Junior Tennis association would commence immediately with establishing the before school and after school tennis sessions. The facilities are available now with the already well-established relationship Mr Bednarek has nurtured with the centre. Schools within the locale have already been approached and are eager to participate should this proposal be successful. Also further discussions would be held with Qld Health to see how referrals could be made for children to access this program.

By April 2009, Junior Tennis Association would immediately be in a position to offer, daily, 24 students an opportunity to engage in a 1-hour lesson.

Normally lessons range from \$15 to \$20 per student, but the Junior Tennis Association is seeking a fee subsidy for students of \$7.00 with a contribution from the student of \$3.00. This equates to subsidy of \$7 x 24 students x 5 days per week x 10 weeks per term being a total of \$8,400 a term.

There being 4 terms in a year – equating to a total of \$33,600 per annum.

In addition, we seek an additional subsidy of \$1,500 per annum to establish capital costs including purchase of tennis racquets, balls, sunscreen and a cold-water dispenser.

We would also use a professional accountant to set up a robust financial and reporting mechanism to assure governance around spending of the award.

We would also provide a business plan for the next 3 to 5 years to promote and expand this program to provide access for a larger number of children within the district who fall into the criteria of the program.

The framework of the plan includes the following objectives:

- Provide fee subsidy for primary school children and this includes identifying scholarship funding for children who would not normally be able to fund access to the sport.
- Provide coaches adept at motivating and encouraging children to develop motor skills and tennis skills.
- Foster the development of the sport in schools by fee subsidy for coaching within the school environment particularly during school hours.
- The Junior Tennis Association to employ a patron who is recognised in the community for contribution to junior tennis with the intent of providing a role model for our future tennis champions.

The intent of the above is to provide seed funding for the 5 year plan which will be governed by a representative body including families and coaches with the intent of raising the profile of the sport to an extent where recurrent funding can be accessed for in the future.

Supporting Material:

- Appendix 1: Letter of support from Councillor Amanda Cooper
- Appendix 2: Letter of support from Councillor Norm Wyndham
- Appendix 3: Letter of support from Dr. Gavin Fincher
- Appendix 4: Letter of support from Mr Martin Wilkie
- Appendix 5: Personal Profile Mr Teddy Bednarek

Letters of support from nominated School Principals available on request.

Letter of support from Bracken Ridge Indoor Sports available on request.

Numerous media editorials pertaining to JTA and associated programs available on request.

Category:

Community

Contact Details:**Name of organisation or group:**

Junior Tennis Association of Queensland Inc.

Organisation type:

Incorporated Community Group

Local Government Area or nearest Council:

Bracken Ridge

Contact Name:

Mr Teddy Bednarek

Position:

Head Coach, (JTA Inc.)

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