



Testimonials from Past Participants:

Ciara Flatley – Swords LTC

Coming from a small tennis club in a public park, it was so great to chat to other girls from bigger clubs about developments that they have within their club that I had never thought about introducing to our own club. The sharing of ideas and goals with the other girls created a sense of sisterhood and I feel I could go to any of the other girls in the future when trying to organise social events or linking up our clubs in the future. The course provided me with extensive knowledge and surrounded me with supportive people that I know will continue to support me into the future. Overall, a great network of people and I look forward to keeping in contact with them in the future while I develop my club in baby steps.

Morgane Woods – Carlingford TC

What I really enjoyed about each workshop throughout this course was that there was a wide and varied cross-section of individuals. Not only did they provide great tips and advice for tennis purposes, but also advice applicable to the working environment. I would strongly recommend for each tennis club to have a representative and engage in this very worthwhile course.

Cara Pirie – Ballymena LTC

I really enjoyed Tennis Ireland's Young Women Leadership Programme because I had the opportunity to learn from the experiences of my peers and a range of experienced and engaging guest speakers and I will be able to use this wisdom to make Ballymena Lawn Tennis Club a safe and welcoming space for girls.

Deirbhile O'Keefe – Clontarf TC

Extremely beneficial course for career and personal development. It gave me the confidence to go about change inside and beyond my club. It provided advice, tips and connected me with people I would have never met before.

Fiona O'Callaghan – Sunday's Well Boating and Tennis Club

This Leadership course was a great way to share ideas, talk to people who have all different backgrounds in tennis and is a step in the right direction to make tennis better for everyone.

Scarlett Johnstone – Naas LTC

I find this course extremely beneficial because I have learned that women are just as important as men when it comes to playing tennis. When women in tennis come together we have a powerful voice which will hopefully change the gender inequalities for future generations of girls playing tennis.

Eimear O'Donnell – Tramore TC

A great experience, provides an opportunity to meet so many young amazing women.

Sorcha McCooey – Carrickmines Croquet & Lawn TC

Such an amazing opportunity. I learned a great deal about leadership, goal setting and networking as well as gained a lot of confidence thanks to this course. It also gave me the chance to connect with players my age who have similar interests. Highly recommend, 10/10.



Emma Cooke – Newtown Park TC

The six week leadership course was something I am so thankful I took part in! It was so nice to be able to chat to girls my age from around the country and hear about their clubs and ideas for getting more girls playing. The guest speakers were all really positive and interesting, leaving us all feeling motivated. I have definitely gained a lot of confidence from it and cannot wait to catch up with the group again soon! It was one thing I really looked forward to throughout lockdown.

Participant – Rushbrooke Lawn Tennis & Croquet Club

I have learned so much from this course which I am excited to use not just in tennis but in other aspects of my life. It has really helped me with goal setting, and taking on new projects which I feel confident in leading. The key speakers were excellent and gave so much useful advice on many different topics. I found it very helpful to talk to so many other girls & young women about common issues in clubs and they have given me so many ideas for programs & events that we could also implement in our club. Gráinne & Lisa have been amazing and I am grateful for their continued support.

Isobel O’Flaherty – Sutton LTC

This course was a brilliant opportunity to meet and connect with like-minded girls around the country. Discussing the issues and solutions around girls and women in tennis has helped solving the problem seem much more achievable!

Lucy Octave – Donaghadee TC

This course was a great way to connect with young women throughout Ireland and to share our ideas for how we can collectively grow the sport across the country.

Kaela Power – Templeogue TC

I would highly recommend this course! I’m so glad to be apart of a community full of intelligent, ambitious young women!