

Tennis Ireland Coaching Course – Agenda

Date: Saturday 10th May 2025

Time: 10:00 am – 2:00 pm

Location: Castleknock Lawn Tennis Club

Facilitators: IWA Staff: Paul Ryan & Aoife Beggs

10AM – Welcome and Introductions

- Meet & Greet
- Overview of the day's agenda
- Desired outcomes for collaboration between IWA-Sport and Tennis Coaches (Groupwork)

10:30AM – 12PM - Disability Awareness Workshop

- Understanding Challenges and Barriers to Inclusion
- Inclusive Language (Groupwork)
- Types of Disabilities
- Classification Systems
- Athlete Expectations: Respecting and supporting diverse needs
- What Does Inclusion Look Like?
 - Characteristics of an inclusive club or event
- Introduction to Adapted Physical Activity (APA): Theory and principles

12PM – 12:30PM – Lunch Break

12:30PM – 1PM – Adapted Physical Activity (APA) and Adaptive Coaching

- **Adaptive Equipment:**
 - Solutions to support inclusion for all athletes
- **Coaching Adaptive Athletes:** Practical tips and considerations

1PM – 2PM – Practical Workshop: Coaching Athletes with Disabilities

- Hands-on coaching practice with scenarios
- Para Standing Tennis
- Interactive problem-solving for real-life challenges