Chairman’s Remarks

One of the main focuses of the Board over the last year has been the continued investment in club facilities. Following the upgrade of our tennis courts which was completed in 2013, we turned our attention to the refurbishment of our gym facility, and in particular, the significant investment this year in the latest Technogym fitness and wellness equipment.

Our “state of the art” fitness facility and comprehensive class timetable ensures that we offer something for everyone whatever their current fitness level. This is reflected in our gym membership which continues to show steady growth.

On the tennis side, we are in the process of converting one of our outside courts to a “mini tennis” zone, which involves the creation of four mini courts and a hitting wall. This initiative reflects our ongoing strategy to invest in our facilities to enhance the quality of our comprehensive tennis programme.

Over the last year, our tennis team has been working closely with the LTA Tennis Foundation and South Ayrshire Access to Sport to develop our disability tennis classes, which have seen significantly increased participation in the last year. This is an example of the good work being undertaken to broaden the reach of our programme and to deliver our core objective of making tennis accessible to the widest spectrum of the people of Ayrshire.

We are also looking to refurbish our café area over the coming weeks, which coincides with the management of the café being taken over by William McCririe of Fresh and Tasty. I welcome you, along with your family and friends, to come and enjoy your club and the facilities on offer.

Members can be rest assured that the Board of Prestwick Tennis and Fitness will continue to work on your behalf to ensure that facilities remain of a high standard and continue to be at a reasonable cost. My thanks go to all members of staff, who, without their efforts, the club could not function as effectively and efficiently as it presently does.

Stewart Rogerson, Chair
Prestwick Tennis and Fitness

TENNIS

We continue to work with the LTA, Tennis Scotland & South Ayrshire Active schools to deliver a highly successful tennis programme. Tennis participation continues to increase with 250 adult and over 420 junior members.

Adult Tennis

With the introduction of extra adult tennis classes and leagues adult participation has grown over the last year. Many more adults are competing on a regular basis with 10 teams competing in the Tennis Ayrshire Adult Leagues.

The introduction of an annual Adult Davis Cup was a great success and will now be an addition to the adult tennis calendar. The 2014 Adult Club Championships results were as follows:

- Men's Winner: Mark Openshaw
- Ladies Winner: Nicole Clarke
- Ladies Doubles: Gillian McIlroy/Nicole Clarke
- Men's Doubles: Mark Openshaw/Colin Hanbidge
- Mixed Doubles: David Gee/ Nicole Clarke

Wheelchair Tennis

The adult wheelchair programme has now expanded to two sessions per week with 2 junior players joining the Sunday session. Two adult players Connor McCuaide & Jed Boden continue to take part in competitions. Britain’s No1 wheelchair player Gordon Reid has been practicing at the centre on a regular basis, hitting with former junior, Calum Gee.

Learning Difficulty Junior Classes

The LD sessions on Sunday are expanding with two groups of children, primary and secondary, now enjoying taking part and competing. Three players took part in their first competition in Glasgow with all of them returning with medals for their efforts.

Ayrshire Junior Leagues

160 primary school children took part in the five Mini Tennis league nights which were held at Prestwick throughout the winter, with the Prestwick teams winning the top 3 Divisions.

Junior Tennis

With growing numbers attending the coaching classes, the emphasis is now on matchplay and competition, with the introduction of extra junior leagues and competitions for all abilities.

Tots Tennis

The three tots classes a week continue to be popular with both children & parents. Our links with the local nursery classes continue to grow with Pine Trees, Cherry Tree, Riverbank, Kingcase, Glenburn, St.Ninian’s and Heathfield all attending the centre for coaching throughout the year.

Junior Davis Cup

The final event of the junior calendar in the year was the Davis Cup, which continues to be popular with more children taking part in the fun competition. The home nations were competing this year with the coaches and players dressed in their team colours. The winning team was Ireland with Mark Openshaw as Captain (see photo on front cover). The buffet and our annual prize giving was a great success and a lovely way to finish the year.

Performance

Former Prestwick player Ewan Moore who trained from the age of 8-14yrs at the club is making great strides in his tennis career. At the age of 10 Ewan was only ranked number 4 in the South of Scotland but had a fantastic attitude and a willingness to listen, learn and work as hard as possible, by the age of 14 Ewan gained a full scholarship at Merchiston Castle School in Edinburgh where he could train and study full time. At 16yrs old Ewan is now in his second year at the school and has risen to 117 in the Junior ITF world rankings and is ranked number 1 in Great Britain at u18. A testament to what hard work, talent and above all else the right attitude can do. We are all extremely proud of Ewan at the club who continues to visit and train here whenever he is at home. Well Done.
Closer to home there are several young players following in the footsteps of Ewan. With a very strong base of 10 and under players all competing well at Scottish National level the future of the club looks bright. Over the past year we have had 12 players attend Regional Tennis camps where the top Scottish players are invited to train together, players such as Lachie MacIntosh, Callum Caves, Ellie Crosbie, Jamie Young, Gregor Morris, Sorcha Caves, Noah O’Brien and Annie MacIntosh have all competed strongly on the regional tour with victories coming from several players. Players such as Thomas Taylor, Mark Young, Ewan Henderson have also competed strongly and are hot on their heels.

At an even younger age we have had a record number of players invited in to Fun Days (16 in total over the last year), this is where the top South of Scotland County players at 8 &U age are invited to train and go through an array of physical and tennis tests. Our success at all these levels is a testament to the commitment and effort of the coaching staff at Prestwick.

All in all the standard of tennis at Prestwick has made fantastic progress over the last year, with our Performance Pathway, Talent Identification and very high standards of coaching I can only see our players going from strength to strength.

Schools Outreach

Working with Active Schools, our schools outreach programme continues to grow. We have been helping establish tennis in the Girvan Area with the coaches delivering in Girvan Primary, Sacred Heart, Ballantrae, Colmonell, Daily, St. Cuthberts and Carrick Academy.

St Johns Primary 1-4s have been attending tennis classes at the club over the last few months. The P7’s have been coached over the last year at the school, with a fun competition held in the centre in March to finish. Kingcase Primary continue their partnership with the club attending classes throughout the year. We have also delivered in Forehill, St.Ninians, Symington, Southcraig and Dalmilling primaries.

Community & Charitable

We continue to support the Work Experience Programme in partnership with Ayrshire Chamber of Commerce with four pupils working with us in the last year.

NHS Jumpstart continue to use the facility for tennis coaching, badminton and fitness throughout the year.

Ayrshire Hospice Tournament is held at the club with numbers increasing every year.

Coaching Staff

The coaching team continues to grow. We would like to welcome Tony Kerr level 3 coach who joined us in April from Bearsden Tennis Club.

Congratulations to Callum Rogerson & Callum Crambie who achieved their Level 1 Tennis Coaching Qualification, also Fiona MacKay and Lewis Burns who have passed their Level 2 Coaching Qualification.

Competitions

Tea Cup coming to Prestwick!

Prestwick will host the annual Scottish Junior Inter County Championships (popularly known as the Tea Cup), on 30 August 2015. The trophy donated by the Tea Council was first played for in 1966.

We have also retained both the Aegon 18u County Cup in February and the Adult Aegon County Cup in November. Both these competitions we have hosted since we opened in 2003.

FITNESS

The past 12 months has seen some exciting changes within the gym with new staff, a refurbishment, new services and the membership hitting an all-time high of 748 at the time of this report.

The Fitness Team

The fitness team has changed considerably over the past year. Stuart Gerrie took over from Gavin Campbell as the fitness manager in July 2014 and the club said an emotional farewell to David Shaw in January 2015, after over 10 years at Prestwick Tennis and Fitness. David has left to join the ambulance service and so the club has taken on three new part time fitness instructors. Allan Bell and Stephen McNeespie joined the fitness team at the start of this year and were closely followed by James Gaffney. The trio of new staff join Stuart Gerrie and Alan Keith to make up the five strong fitness team.

Fitness Classes

The fitness class timetable has undergone some changes in personnel and class variety over the past twelve months. Linda Watkins joins to take over the Yoga, Heather McLeod takes Metafit and Kettlebell classes, Justin Fullarton has joined the team for Suspension Training and Plyo Circuits and finally Allan Bell delivers Kick Boxercise. Alida Biagi’s morning Legs Bums and Tums and Aerotone classes remain as popular as ever, Stuart Gerrie continues to take the long running Thursday night Box Circuits and Claire Rogerson the Run Club. This year Prestwick Tennis and Fitness Run Club have teams of runners in many runs nationwide including the; Troon 10K, Land O’ Burns 10K, Crawfordland Mud Run and many more.

Gym Refurbishment

Without doubt the biggest and most exciting change within the gym is the refurbishment. We have seen new flooring, new colour schemes and most importantly new equipment. The decision was made in November 2014 to invest in Technogym equipment, the best in the fitness industry. For four days between Christmas and New Year the staff and outside contractors worked hard to complete the refurbishment in time for the increased gym usage in January.

BADMINTON

Participation in the club's badminton classes continue to grow, with an increase in numbers in each of the three classes. Active Schools have been promoting the club and have held both primary and secondary schools competition at the club.

The Monday night adult matchplay class is very popular with over 30 adults now playing. There is also a high demand for badminton courts at other times throughout the week.
Thankfully all the equipment and materials arrived on time and work was completed to schedule by Technogym, Alexander Flooring, Fraser Steele and Jamie Barr (painter and decorators), TV Local (Scotland) Limited, Microtech Support Limited, Alpha Electrical Fire & Security Limited and Matrix Fitness. The club would especially like to thank the members who volunteered to chip in and help with a different kind of lifting from the usual workout and for everyone’s cooperation as we switched from the old key system to the new Mywellness cloud based software.

New Equipment
The new Technogym equipment has been extremely well received by the members and has received great feedback. Without changing the physical size of the room the gym now has a 7 extra pieces of equipment to work out on as well as more usable floor space for free weights and functional training.

Member questionnaires indicated the most wanted machines from the members and from that the club was able to add the top three. The most notable improvements are the; double cable machine (most highly requested), assisted chin and dip machine, spin bikes, new style cross trainers, crossover, skierg and an extra weight bench and dumbbells. Not to mention that members now have access to; internet, more television channels, more music and many more features on the new Technogym Unity screens.

MyWellness
As well as the new equipment the club has adopted the Technogym Mywellness cloud software. The state of the art system allows members to access their training programme at home on the web and on their smartphone to view workout information, body measurements goals, achievements, challenges and much more. The new system makes it possible for the fitness team to put together training programmes and interact with members more effectively and efficiently. Best of all the new system enables members to spend more time exercising than waiting to log in or out.

Challenges for all Fitness Members
Members can now join in challenges to try and top the leader board and also help the club up the leader board. In the past we have run challenges on whiteboards for members to take part in but now, with the MyWellness software, we can put up challenges with the aim of burning as many calories as possible in a month for example. Member’s workout information is then automatically saved on the cloud and they can see as they move up the leader board. The first challenge, run in March, helped over 100 members to stay motivated and exercise more.

Let’s Move
In Technogym’s “Let’s Move for a Better World Challenge” Prestwick Tennis and Fitness finished 23rd in the UK, with well over 100 fitness facilities taking part and many other gyms much bigger than the club. This challenge used the Technogym Mywellness challenge software to track members “Moves” (Technogym’s metric for tracking exercise across all types of physical movement).

Nutritional Advice – Free for Members
As we all know, when it comes to weight loss, exercise is half the battle and the other half is diet...or better nutrition. For the first time at Prestwick Tennis and Fitness members are now able to take advantage of services only normally available whilst working with a personal trainer. Members looking to take advantage of the benefits available from better nutrition have been able to get help from our fitness instructors, by way of a food diary system, allowing them to make realistic changes to their diet to help with weight loss or fitness goals.

Reception
The reception team has changed and we are very sorry to see Kirsty McHarg leave for a new job with South Ayrshire Council. We would like to welcome Jillian Laird who joined the team and we wish them both well in their new jobs.

Rebranding
Daniel Knox and Gillian Henderson along with the rest of the team at Advertisingworks assisted the club with a rebranding exercise. As well as creating a new logo and signage they designed the club’s new website.

CLUB’S AIMS & OBJECTIVES

- To develop and maintain a self-sustaining sports and leisure facility at the Prestwick Tennis and Fitness with emphasis on maximising the potential for tennis, fitness and badminton.
- To maintain a commercially viable “not for profit” business whose financial surpluses are reinvested to provide improved facilities for its members and the community as a whole.
- To make tennis accessible to the widest spectrum of the people in Ayrshire.
- To provide a structured programme of tennis activity providing playing opportunities for players of all ages and abilities.
- To continue to develop an increasing stream of talented young tennis players with the potential to reach county/national level.
- To further develop our extensive outreach work delivering low cost tennis coaching to local school children.
- To provide a high value low cost fitness experience for the local community with a personalised and friendly service to maximise the benefits of health and fitness, and to ensure each individual member achieves their desired goal.
- To provide a varied fitness class timetable, including new and old fitness class types, with something suitable for all ages and levels of fitness.
- To continue to develop the club’s badminton activities.
- To create a social and welcoming atmosphere in the club, and provide an ideal place to meet people in a safe and comfortable environment.

The Future: It is our mission to constantly improve the benefits to our members both through a high standard of coaching combined with state of the art equipment.