



## **Annual General Meeting**

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Wednesday 21<sup>st</sup> July, 2021

Online via ZOOM 1900hrs

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**UNAUDITED FINANCIAL STATEMENTS for Year Ended 31 March 2021**

## **1.0 TABLE TENNIS SCOTLAND ANNUAL GENERAL MEETING 2021 AGENDA**

1. Chairman's Welcome
2. Apologies
3. Minutes of the Annual General Meeting – 28th October 2020
4. Matters Arising
5. Chairman's Report
6. Board Director's Reports
  - a. Director of Coach Education
  - b. Director of Marketing
  - c. Director of Finance
  - d. Chief Operating Officer
7. Annual Unaudited Financial Statements 2020-2021
8. Board's Recommendations for Affiliation Fees for 2021-2022
9. Honoraria 2021-2022
10. Appointment of persons to prepare Annual Accounts for 2021-2022
11. Election of Officials
  - a. Chairman
  - b. Re-election of Office Bearers
12. Awards
13. Any Other Competent Business

## 2.0 MINUTES OF THE PREVIOUS ANNUAL GENERAL MEETING

### Table Tennis Scotland

Annual General Meeting – Wednesday 28<sup>th</sup> October 2020

Online via ZOOM

#### Attendees:

Terry McLernon	TMcL
Stewart McGowan	SM
Richard Yule	RY
Billy Gibbs	BG
Cynthia Robinson	CR
Alan Wilson	AW
Dave Fairholm	DF
Senga Thomson	ST
Lorraine Johnston	LJ
Alison Woods	AWs
Brian Robertson	BR
Lucy Elliott	LE
Philip McCallum	PMc
David Beveridge	DB
Lindsay Muir	LM
Ken Cadogan	KC
Arthur Pritchard	AP
Lisa Notarangelo	LN
Mando Notarangelo	MN
Ian McLagan	IMc
Martin Rumsey	MR
Gordon Duff	GD
Danny Bajwa	DB

1. Chairman's Welcome	<p><b>Minutes of the meeting</b></p> <p>TM welcomed all representatives to the Annual General Meeting and the meeting commenced at 19.00hrs</p>
2. Apologies	Jane Scott ( <b>sportscotland</b> )
3. Minutes of the Annual General Meeting – 2019	PMc (WOS) proposed. Seconded by IMcL (Perth)
4. Matters Arising	<p>Those not on the agenda:</p> <p>No matters arising</p>
5. Chairman's Report	No questions on this Report
6. Director's Reports	<p><b>Presidents Report</b></p> <p>No questions on this Report</p> <p><b>Director of Administration Report</b></p> <p>No questions on this Report</p> <p><b>Director of Finance Report</b></p> <p>AW advised that TTS was in a healthy financial position with 87k in reserves. He voiced his gratitude to <b>sportscotland</b> for their continued support.</p> <p>There was a slight reduction in grant income, no tournament income and no coaching courses able to run due to Covid-19.</p>

AW advised that TTS took the decision to waive affiliation fees for 2020/21 to give something back to the membership during these difficult times.

AW advised TTS Auditors Drummond Laurie again did an excellent job on the financial statements and year end proceedings went smoothly as usual. AW wished to thank Cynthia for all her hard work during the year which makes his job so much easier.

BR (Aberdeen) asked if the funding would be withdrawn if not spent by TTS.

AW advised that **sportscotland** is very supportive of the actions taken by TTS and the way our investment award has been re-profiled.

RY advised that TTS liaises closely with **sportscotland** to ensure, where possible, that the funding given to TTS is spent according to the plans provided in advance to minimise any risk of clawback. He assured this was very unlikely.

No further questions.

**Director of Coaching Report**

No questions on this Report

ST confirmed that Callum Riddoch will be progressing his application to sit the L3 course this year. Roy Claxton's L3 is in progress.

At present L3 coaches are Senga Thomson, Gordon Muir, Phil McCallum and Paul Jackson. L4 Stephen Gertsen.

**Director of Performance Report**

No questions on this Report

**Development Report**

No questions on this Report

	<p><b>Chief Operating Officer</b></p> <p>RY advised how TTS has re-profiled money to enable Stephen Gertsen to support the clubs and leagues with his online sessions for coaches and players which has been very successful. He encouraged any clubs who have not taken advantage of this to do so.</p> <p>Mat Norbury and Pete Lugton continue to assist with website/online work as there is more activity on this due to the Covid-19 situation.</p> <p>RY thanked <b>sportscotland</b> for their continued support relating the Covid-19 guidance which he has made available to our membership timeously after each update.</p> <p>Dundee may also be in Tier 3 shortly, as well as the central belt. Decisions will be made accordingly relating to play which could be threatened by a travel ban.</p> <p>RY encouraged all to ensure they followed all guidance and updates to keep the sport as safe as possible.</p>
<p>7. Annual Unaudited Financial Statements 2019-2020</p>	<ul style="list-style-type: none"> <li>• Proposed by DB Seconded by LJ</li> </ul>
<p>8. Board's Recommendation for Affiliation Fees for 2020-2021</p>	<ul style="list-style-type: none"> <li>• Status Quo Approved</li> </ul> <p>There will be no fees payable by the membership until 31<sup>st</sup> July 2021. All are covered by our insurance and documentation is available on request.</p> <p>AW advised that a group has been set up to look at 365 going forward following the decision of TTE to move to another system. We have assurances from Chris Dangerfield, that for a full year all will remain the same for TTS. The project group will cover all alternatives and report back to the Board in due course.</p>

9. Honoraria 2020-2021	<p>Status Quo agreed</p> <ul style="list-style-type: none"> <li>• Prop PMc, Seconded by MN</li> </ul>
10. Appointment of Persons to prepare Annual Accounts for 2020-2021	<p>Drummond Laurie, Unit 5 Gateway Business Park, Beancross Road, Grangemouth FK3 8WX</p> <ul style="list-style-type: none"> <li>• Prop. LJ Seconded by IMcL</li> </ul>
11. Election of officials	<p>(a) Chairman – Terry McLernon MBE is remaining as Chairman</p> <p>(b) Election of Office Bearers holding the same post.</p> <p>Honorary President – Stewart McGowan  Vice Chairman – Senga Thomson  Finance Director – Alan Wilson  Director of Coach Education – Senga Thomson  Performance Director – David Fairholm  Development Director – Vacant  Administration Director – Billy Gibbs  Non-Executive Director – Lorraine Johnston</p> <p>New appointments:</p> <p>No new appointments</p>
12. Awards	<p>Honorary Vice President Awards to Eddie Still, Eric Sutherland and Billy Gibbs</p> <p>Honorary Life Member Awards to Charlie Brown and Drew McCavitt  Merit Awards for their continued support to TTS were given to Lorraine Johnston and Senga Thomson</p>



<p>13. Any Other Competent Business</p>	<p>PMc wished to record his thanks to Martin Hayman for his excellent work during his time at TTS and asked if a replacement would be made within TTS. RY advised that Life Changes Trust part financed this position and that TTS were no longer in receipt of this funding, however, recruitment of the <b>sportscotland</b> funded Pathways Manager position is still in our plans and will recommence when it is safe to do so WG thanked Richard for his continued leadership and hoped he would continue this for as long as possible.</p> <p>AWs congratulated Charlie Flint, Westhill, on receiving the British Empire Medal on the Queen’s birthday honours list for all his work in Scottish Table Tennis and as co-founder of the Evergreens Table Tennis Programme in Aberdeen.</p> <p>MN thanked Richard Yule for his leadership and guidance during the Covid-19 pandemic and in particular his personal communication to the membership.</p> <p>RY reflected that Table Tennis was, in fact, in a very good position compared to some other sports that have had to close down completely during Covid-19. He emphasised again the importance of adhering strictly to our Return to Play Guidelines and following all Scottish Government Covid 19 Protocols and advice.</p> <p>TMcL thanked the whole table tennis community around the country for responding so well to the Covid 19 crisis and reminded everyone that whilst the office has been closed throughout the pandemic both Richard and Cynthia are still contactable by telephone and email if required.</p> <p>There being no further questions TMcL thanked everyone for their attendance and closed the meeting.</p>
	<p>Meeting closed at : 19.33hrs</p>

### 3.0 BOARD OF MANAGEMENT MEMBERS 2020-2021

Position	Name/Date of Appointment	Contact Details
Honorary President	Stewart McGowan (Appointed July 2015)	Tel: 07425147748 Email: <a href="mailto:lovatsm@gmail.com">lovatsm@gmail.com</a>
Chair	Terry McLernon MBE (Appointed July 2012)	Tel: 07743702744 Email: <a href="mailto:telldrums@aol.com">telldrums@aol.com</a>
Vice Chair	Senga Thomson (Appointed July 2015)	Tel: 07759310043 Email: <a href="mailto:thomsonsenga@hotmail.co.uk">thomsonsenga@hotmail.co.uk</a>
Chief Operating Officer	Richard Yule (Appointed Aug 2015)	Tel: 07739574356 Email: <a href="mailto:Richard.yule@tabletennisScotland.co.uk">Richard.yule@tabletennisScotland.co.uk</a>
Director of Performance	David Fairholm (Appointed July 2018)	Tel: 07729911294 Email: <a href="mailto:dafairholm@aol.com">dafairholm@aol.com</a>
Director of Development	Senga Thomson (Appointed 2021)	Tel: 07759310043 Email: <a href="mailto:thomsonsenga@hotmail.co.uk">thomsonsenga@hotmail.co.uk</a>
Director of Finance	Alan Wilson (Appointed July 2018)	Tel: 07786260522 Email: <a href="mailto:Alan.wilson@tabletennisScotland.co.uk">Alan.wilson@tabletennisScotland.co.uk</a>
Director of Administration	Billy Gibbs (Appointed 2016)	Tel: 07504554220 Email: <a href="mailto:williamgibbs123@btinternet.com">williamgibbs123@btinternet.com</a>
Director of Coach Education	Stephen Gertsen (Appointed 2021)	Tel: 07882272940 Email: <a href="mailto:Stephengertsen@hotmail.co.uk">Stephengertsen@hotmail.co.uk</a>
Director of Marketing	Mat Norbury (Appointed 2021)	Tel: 07875739685 Email: <a href="mailto:mat.norbury@tabletennisScotland.co.uk">mat.norbury@tabletennisScotland.co.uk</a>
Non-Executive Director	Lorraine Johnston	Tel: 07745571181 Email: <a href="mailto:lorrainebgj@yahoo.co.uk">lorrainebgj@yahoo.co.uk</a>

## 4.0 LEAGUE CO-ORDINATORS & SECRETARIES 2020-2021

League	League Co-ordinator	League Secretary
<b>Aberdeen &amp; District</b>	Dick Ferro Suilven, Beaconhill Road Militimber, Aberdeen AB13 0JR Tel: 07766488723 Email: <a href="mailto:richard@ferro6.plus.com">richard@ferro6.plus.com</a>	Alison Woods 86 Carnie Avenue Elrick, Westhill, AB32 6HT Tel: 01224 279565 Email: <a href="mailto:a.woods179@btinternet.com">a.woods179@btinternet.com</a>
<b>Dumfries</b>	Gordon Duff 8 Wolfgill Drive Dumfries DG1 4XY Tel: 01387 263592 Email: <a href="mailto:Gordon.duff@jobcentrepplus.gsi.gov.uk">Gordon.duff@jobcentrepplus.gsi.gov.uk</a>	Kenny Lee 2 McLellan Street Dumfries DG1 2JN Tel: 07968336876 Email: <a href="mailto:Kenneth.lee2828@gmail.com">Kenneth.lee2828@gmail.com</a>
<b>Dundee &amp; District</b>	Elaine Forbes 4 Hallowhill St Andrews KY16 8SF Tel 07790924698 Email: <a href="mailto:chairman@DDTTA.co.uk">chairman@DDTTA.co.uk</a>	Elaine Forbes 4 Hallowhill St Andrews KY16 8SF Tel 07790924698 Email: <a href="mailto:forbesfables@gmail.com">forbesfables@gmail.com</a>
<b>Edinburgh &amp; District TTL</b>	Lindsay Muir 29 Succoth Park Edinburgh EH12 6BX Tel: 01313377020 Email: <a href="mailto:Lindsay@muir.cc">Lindsay@muir.cc</a>	Lynn Somerville 9 Main Street, Crossford Dunfermline, Fife KY12 8NJ Tel: 01383 724584 E-mail: <a href="mailto:D8WLS@talktalk.net">D8WLS@talktalk.net</a>
<b>Perth &amp; District</b>	Pat Duffy 15 Craigie Road Perth PH2 0BL Tel: 07902210994 Email: <a href="mailto:patduffy@blueyonder.co.uk">patduffy@blueyonder.co.uk</a>	Ian McLagan 531 Balunie Drive Dundee DD4 8UR Tel: 07799883311 Email: <a href="mailto:ian.mclagan531@gmail.com">ian.mclagan531@gmail.com</a>
<b>Stirlingshire &amp; Midlands</b>	Lisa Notarangelo 10 Longdales Road New Carron Village Falkirk FK2 7EQ Tel: 01324 627071 Email: <a href="mailto:lisamn4@hotmail.com">lisamn4@hotmail.com</a>	Lisa Notarangelo (temporary) 10 Longdales Road New Carron Village Falkirk FK2 7EQ Tel: 01324 627071 Email: <a href="mailto:lisamn4@hotmail.com">lisamn4@hotmail.com</a>
<b>West of Scotland</b>	Lucy Elliott 21 Talisman Crescent Helensburgh G84 7TF Tel: 07735996667 Email: <a href="mailto:lucyelliott_tt@aol.co.uk">lucyelliott_tt@aol.co.uk</a>	Liam Hughes 1 Bankview Drive Kirkintilloch G66 1DE Tel: 0141 578 6502 Email: <a href="mailto:openlh@ntlworld.com">openlh@ntlworld.com</a>
<b>West Lothian</b>	Martin Rumsey 50 Ravenswood Drive Livingston EH54 6PF Tel: 07962237572 Email: <a href="mailto:martin.rumsey@blueyonder.co.uk">martin.rumsey@blueyonder.co.uk</a>	Tommy Hamill 3 Neilson Court Blackburn, EH47 7NA Tel: 07999510111 Email: <a href="mailto:thamill62.th@gmail.com">thamill62.th@gmail.com</a>

## **5.0 AFFILIATED SCHOOLS 2019-2021**

Blackhall PS Edinburgh  
Craiglockhart PS Edinburgh  
Cramond PS Edinburgh  
Clermiston PS Edinburgh  
Davidsons Mains PS Edinburgh  
Dalry PS Edinburgh  
Stenhouse PS Edinburgh  
Balgreen PS Edinburgh  
Granton PS Edinburgh  
Flora Stevenson PS Edinburgh  
Stockbridge PS Edinburgh  
Ferryhill PS Edinburgh  
Tollcross PS Edinburgh  
Sciennes PS Edinburgh  
Gillespie PS Edinburgh  
East Craigs PS Edinburgh  
Canal View PS Edinburgh  
Sighthill PS Edinburgh  
Royal High School Edinburgh  
Tynecastle HS Edinburgh  
Broughton HS Edinburgh  
James Gillespie HS Edinburgh  
Craigmount HS Edinburgh  
Wester Hailes Education Centre, Edinburgh

## 6.0 VOTING ENTITLEMENT FOR INDIVIDUAL MEMBERS

<b>Name</b>	<b>Voting Entitlement</b>	<b>Name</b>	<b>Voting Entitlement</b>
Ade Adekola	(1)	David Routledge	(1)
Alan Jackson	(1)	David Simpson	(1)
Alan Whitton	(1)	Derek Lundie	(1)
Alan Whyte	(1)	Derek Steele	(1)
Alan Wilson	(0)	Donald Pirie	(1)
Alexandra Wilowska	(1)	Elizabeth Kington	(1)
Andy MacPherson	(1)	Elizabeth Willey	(1)
Angela Fowler	(0)	Erin Shepherd	(0)
Anthony Watkins	(1)	Ethan Chapman	(1)
Arthur Laws	(1)	Gavin Rungay	(1)
Barry Johnston	(1)	Gerry Campbell	(1)
Billy Main	(1)	Gerry O'Hagan	(1)
Brian Hunter	(1)	Gordon Aien	(1)
Brian Wright	(1)	Gordon Provan	(1)
Christopher Main	(1)	Iain Rhind	(1)
Christopher McKenna	(1)	Ian Mclean	(1)
Colin Dalgleish	(1)	James Dewar	(1)
Colin Green	(1)	Brendan Faulds	(1)
Craig Morrison	(1)	Jennie Yang	(0)
Daniel Hawthorn	(1)	Joan Smith	(1)
Dave Winchester	(1)	John Ormston	(1)
David Denholm	(1)	Jonathan Kinna	(1)
David Fairholm	(0)	Julia Brook	(1)

## 6.0 VOTING ENTITLEMENT FOR INDIVIDUAL MEMBERS (contd)

<b>Name</b>	<b>Voting Entitlement</b>	<b>Name</b>	<b>Voting Entitlement</b>
Julie Barsby	(1)	Peter Lugton	(1)
Kay Adamson	(1)	Philip Greenham	(1)
Lara Stirling	(1)	Piotr Sobieski	(1)
Lorraine Johnston	(0)	Rae Jack	(1)
Lukasz Kaska	(1)	Richard Masterson	(1)
Margery McWhirter	(1)	Richard Yule	(0)
Martin Crawford	(1)	Robbie Maitland	(1)
Martin Perry	(1)	Robert McDonald	(1)
Martin Richens	(1)	Robin Barsby	(1)
Melissa Cheung	(1)	Samual Mignot	(1)
Michael Whitelaw	(1)	Sandra Burt	(1)
Miriam McHardy	(1)	Sebastian Faulkner	(1)
Natalie Gallan	(1)	Senga Thomson	(0)
Neil McKinnon	(1)	Stephen Gertsen	(1)
Neil Paterson	(1)	Steven Crook	(1)
Niall Cameron	(1)	Steven Gray	(1)
Ning Ying	(1)	Stewart Crawford	(1)
Patricia Whitaker	(1)	Thomas Hook	(1)
Pavel Sobieski	(1)	William Gibbs	(0)
Peter Connolly	(1)		

## 6.1 VOTING RIGHTS

<b>Leagues</b>	1 vote for each fully affiliated member, half a vote per junior member (rounded up)
<b>Other Affiliated Organisations (Clubs, Schools, Youth Groups etc.)</b>	1 vote per associate body
<b>Individual Affiliations (Seniors only)</b>	1 vote per individually affiliated senior member (none for juniors)
<b>Recreational Players</b>	No voting rights
<b>Non-playing members</b>	1 vote for each non-playing member
<b>Members of Board of Management</b>	No voting rights (unless individually affiliated)
<b>Honorary Life Members</b>	No voting rights
<b>Honorary Vice Presidents</b>	No voting rights
<b>Permanent Staff</b>	No voting rights

## 7.0 AFFILIATION AND MEMBERSHIP FIGURES 2019-2021

<b>LEAGUE</b>	<b>SENIORS</b> <b>(inc</b> <b>VETS/Hon.)</b>	<b>Minors/Juniors/</b> <b>Cadets</b>	<b>Students</b>	<b>TOTAL</b>	<b>Add. Info</b>
Edinburgh & Lothians	159	27	60	246	
Stirling & Midlands	38	19	3	60	
West of Scotland	154	70	13	237	
Dundee & District	100	9	9	118	
Perth	39	2	0	41	
Aberdeen	122	29	19	170	
Dumfries	33	9	3	45	
West Lothian	38	9	2	49	
<b>Totals (Leagues)</b>	<b>683</b>	<b>174</b>	<b>109</b>	<b>966</b>	
<b>Individual Affiliations</b>	<b>141</b>	<b>13</b>	<b>3</b>	<b>157</b>	
<b>Group/Club Affiliations</b>				<b>49</b>	
<b>School Affiliations</b>				<b>29</b>	
<b>Total Affiliations/Memberships</b>				<b>1201</b>	
<b>Registered Licensed Coaches</b>				<b>61</b>	
<b>Last Season Figures</b>				<b>1129</b>	



## **8.0 CHAIRMAN'S REPORT**

It has been another unusual year for Table Tennis Scotland with not as much playing on the table as usual but a lot of great work being done off the table. Firstly, a massive thank you to Cynthia and Richard for all their continued hard work during the pandemic this year, ensuring everything continues to run smoothly at the TTS head office. Also thank you to Alan, our Finance Director, for keeping everything up to date and in order.

I would like to welcome Stephen Gertsen as Director of Coach Education and Mat Norbury as Director of Marketing to the TTS board. We are excited to have you both on board. Senga Thomson has also moved over to Director of Development.

We are finally getting back to some normality with clubs able to open back up for training. A big thanks to Richard Yule for continuing to update clubs with guidelines and protocols to keep clubs and members safe and able to play again. We hope we will be able to get some of the pop-in and play around Scotland back open for people to enjoy. With the vaccines now being available we hope we will get back to some normality and league competitions being able to return. It is also great to see squad training in the calendar. It is still uncertain when we will be able to have open tournaments due to centres not opening up for big numbers' but we will keep members updated.

Finally, I would like to take this opportunity to thank all my fellow TTS Board and Committee members for their excellent contribution to Table Tennis Scotland during the past year. My thanks also go to the brilliant volunteers in the clubs and leagues around Scotland who selflessly dedicate so much time to promote and organize our sport. We are still uncertain of the future but with the help and support from all the clubs and leagues, I am confident we will be able to continue safely and will get back to playing table tennis as before.

**Terry McLernon MBE.**

**Chairman**

## 9.0 DIRECTOR OF COACH EDUCATION REPORT

Year 2020-2021 I handed over Coach Education to Stephen Gertsen, I will now be resuming the role of Director of Development.

I wish Stephen the very best in this role. He has already started delivering courses online due to the pandemic and is planning a diary of courses for the coming season.

**Senga Thomson**

**Former Director of Coach Education**

### **REPORT 2021**

I am delighted to take on the position as Director of Coach Education.

#### **TTS online support**

Although it has been a very different year, I have found myself extremely busy and I have absolutely loved delivering online support to our members over the last year in partnership with TTS.

Here's a summary:

- 28 clubs/leagues (some had 2 sessions) have received online workshops
- 17 National Squad players have received 1-1 mentoring support
- 14 National Squad Workshops/Training sessions have been delivered
- 4 Home Nations E Camps have delivered to selected players
- 8 Coach Education CPD workshops have been delivered
- 2 Introduction to Coaching Awards have been delivered

<https://tabletennisScotland.co.uk/tts-online-workshops-relaunch/>

Thank you to everyone that has helped organise and support these sessions.

#### **Coach Education**

Since joining the Board it has been great to start networking with Sport Scotland and I have enjoyed being part of the Coaching Bitesize Webinars, when I have had chance around my other commitments.

I have been communicating regularly with Ruari Davidson, Sport Scotland Partnership Manager, about the new Sport Scotland Coaching Awards. The aim is to move across to these coaching qualifications over the next couple of years.

Priority will be given to completing the Edinburgh L1 course which was unable to finish because of Covid.

Also, to Aberdeen level 1 and level 2 courses, which were ready to go but halted in their tracks.

If any leagues or clubs are interested in courses, and feel like there is a demand, then feel free to reach out

If anyone is interested in joining myself and Senga as a sport educator then feel free to get in touch

I am tutoring the Level 3 coaching award for Table Tennis England in July; Roy Claxton from South Ayrshire is part of the course.

16 snapcards to support coaches and players have been produced (some to go website still) and can be viewed here:

<https://tabletennisscotland.co.uk/snap-cards/>

**Stephen Gertsen**

**Director of Coach Education**

# 10.0 DIRECTOR OF MARKETING REPORT

## 2020/21 ROUND-UP

### Activity

Mathew Norbury joined the Board March 2021, but had begun supporting TTS with digital & social media activity during Lockdown 1.0, in April 2020.

Various content strands and initiatives implemented :

1. Weekly/fortnightly live Firesides with Dave Fairholm
  - a. 43 shows now on Youtube
  - b. Average views 293
2. Day to day management of social channels handled by rotating team of players
  - a. Active
  - b. Responsive
  - c. Engaged
3. Social media & website 'campaign' content
  - a. Skills 'Snap Cards'
  - b. Quickfire Videos
  - c. Advent
  - d. Top Tens

A core content strand for social media has been the Skills Snap Cards, written by Stephen Gertsen <https://tabletennisScotland.co.uk/snap-cards/>

Topic One

Table Tennis Scotland

# FOCUS!

**Why important?**  
Developing your focus can have a huge impact in terms of enhancing your performance in table tennis. Many players can get distracted easily, and as a result, can lose a run of points and ultimately lose a match.

**What to do?**  
Here are some tips that you could try during and prior to training and competition.

- 1 IMAGERY**
  - Seeing yourself acting out technical stroke, for example a forehand and backhand topspin
  - Moving smoothly across the table or playing in a positive way!
  - Reflecting on past positive performances
  - Visualizing your tactics before matches, for example servicing clever, varying speed/spin/direction
- 2 EFFECTIVE GOAL SETTING**

**PROCESS GOALS (EXAMPLES)**

  - To remain relaxed during rallies
  - To play positively on all strokes
  - To attack the third ball when serving
  - To keep calm when in a losing situation

**PERFORMANCE GOALS (EXAMPLES)**

  - To reach a certain round or win a competition
  - To climb the Scottish rankings, set a target
  - To get selected for National Training Squads
  - To represent Scotland at your age group
- 3 SIMULATIONS DURING PRACTICE CONDITIONS**
  - Put yourself under pressure during training- example, start some matches at 10-10!
  - Force your yourself to try new things- example, play a match where you can only play forehands!
  - Give opponents a head start and work on never giving up in matches!
  - Have a go at doing times tables while doing some drills to help enhance focus and broaden the mind

Topic Seven

Table Tennis Scotland

# FUNDAMENTAL FOOTWORK EXERCISES

**Why important?**  
Being able to draw upon a range of exercises, whilst training, is important. In order to improve our movement, we must practice a range of purposeful footwork exercises to help target specific areas and ultimately keep you challenged as you progress!

**What to do?**  
Let us look at some regular footwork exercises you could have a go at to help improve your movement and stroke development. Feel free to use these as a base or as inspiration for different exercises.

**Regular Exercises (for a right handed player)**

2 FH	2 BH	1 FH	1 BH	1 BH	1 FH	1 FH	1 BH
BH Control		FH Control		BH Control			
BH	FH	FH	BH				
2xBH	2xFH	2BH	2FH	2FH			2FH

**Challenges and progressions:**

- Use shadow play (replicating the movement and technique) for 30secs before starting the exercises
- Add in targets- plastic cups on blockers side to work on depth and direction of placement
- Record how many strokes you can play in row
- Record how many strokes in play in a minute
- Record how many whole sequences or sets you can get through
- Play free after a certain amount of strokes
- Change where the blocker feeds from - BH, FH or middle
- Increase speed or spin of strokes

Since Jan 2021 focus has moved to strategy & planning for 2021/22, with social media activity limited primarily to organic content & interactions, rather than creating campaign content.

Growth in social media account followers show excellent progress :

	July 2020	June 2021
Instagram	0	408
Facebook	1,377	1,609
Twitter	3,766	3,906

## Opportunities

Post-covid we have the opportunity to genuinely 'Bounce Back Better.' To reset and reinvigorate table tennis in Scotland in terms of public perception and participation, but also as an organisation and a community. The potential is massive.

For 2021/22 there are three main areas of activity being explored and ideas developed :

1. Supporting thriving clubs
  - a. Training
    - i. Marketing eg social media & content creation
    - ii. Working with specific audiences eg People With Parkinsons, children etc
  - b. Consultancy
    - i. We'd welcome clubs coming to us proactively for advice & support in identifying, addressing and exploiting challenges & opportunities
  - c. Resources, for example
    - i. Templates for marketing collateral
    - ii. Training/coaching programmes for specific 'products' eg kids/beginners
    - iii. TTFit app
    - iv. Sharing best practice
  - d. 'Club in a box' service for anyone wanting to start a new one

## 2. Big Splash Campaign

- a. Challenge public perception and raise awareness of table tennis on a massive scale
- b. Focus on fun, social, accessible opportunities to play for key audiences
  - i. Workplace/18-45 year olds
  - ii. Kids/young people bullseyes being 8-10, 13-15 and 18-24
  - iii. Females of all ages and abilities

## 3. Technology

- a. TTS app (club finder, Butterfly Skills programmes, calendar, news etc)
- b. Digitise Butterfly Skills programme
  - i. Focus on beginner/kids programme, with 'gameified' user experience via the app to encourage long-term participation
- c. TTFit
- d. Continue online coaching, workshops and other engagement tools

TTS exists to support the clubs, groups, venues and initiatives which provide the vital opportunities to play, at every level.

Consider my door always open if you'd like to chat about anything [mat.norbury@tabletenniscotland.co.uk](mailto:mat.norbury@tabletenniscotland.co.uk)

**Mat Norbury**

**Director of Marketing**

## **11.0 DIRECTOR OF FINANCE REPORT**

Dear Members,

It gives me great pleasure to present this set of Financial Statements of Table Tennis Scotland.

This was an unusual year with a suspension of play due to COVID, therefore there is very little of note to report other than our reserves are in a healthy position which provides the organisation with a strong platform to build the sport.

I will be pleased to answer any questions you may have on the Financial Statements either on the day of the meeting or in advance if you contact Cynthia on 07876804344.

Many thanks,

**Alan Wilson**

**Director of Finance**

## 12.0 CHIEF OPERATING OFFICER REPORT

1. At the time of writing this report, the spectre of the Covid 19 Pandemic still looms large across the Scottish sporting landscape. Our Association was founded in 1936 and with the exception of the Second World War years, 1939-45, our recent experience of lockdowns during season 2020/21 which brought all table tennis organised competitive activity to a halt is unique. However, with the vaccines upon us and appearing to provide good protection, the Board of TTS is hopeful we will be able to resume local club, league and tournament play by the end of September as Scottish Government restrictions are gradually lifted. On behalf of the Board of TTS we applaud those clubs and leagues which have been able to return to some form of play when not in Level 4, while deploying the TTS Return to Play Covid 19 Guidelines. We will continue to provide the latest guidance to all members as soon as we receive it from **sportscotland** and the Government. As we all begin to plan and think about a return to play, I can confirm that all of the TTS National Events, Scottish National League, National Championships and Inter League dates and venues have been booked at Bells Sports Centre, Perth and are now available to see on our Calendar for the coming season. Bookings have also been confirmed at Bathgate Academy for the National Primary and Secondary Schools Championships.
2. Table Tennis Scotland was one of only two Governing Bodies to have received an increase in annual investment in the 2019-23 cycle which was a huge vote of confidence from **sportscotland**. Despite the Pandemic, the full annual award of £163,600 was paid upfront in our bank account which enabled TTS to continue last season as a going concern and enable the Association to support the members by not charging any affiliation fees. The TTS Board continued to meet every eight weeks and decided all memberships would be rolled on and TTS would provide full Liability Insurance cover for all as in previous seasons. As reported last year, these **sportscotland** figures do not include the significant investment, in excess of a further £250,000, made direct to those member clubs via the **sportscotland** Direct Club Investment (DCI) programme. There are now 8 part time development officers working around the country. Congratulations to everyone concerned in this vitally important programme and major thanks again to all colleagues in **sportscotland** for continuing this funding stream during the Pandemic.
3. Both Cynthia and I and all members of the Board have strived these past five years to offer a reliable, efficient and friendly service to the membership. We now have a stable and well organised administrative function under Cynthia`s control which is an essential platform on which to grow our sport. We renewed our lease with **sportscotland** for our office at Caledonia House which, despite a small increase, remains a very cost- effective package which includes, reception facilities, parking, meeting rooms with tea/coffee, storage and unrivalled networking opportunities with other sports and **sportscotland** staff. Because of Covid 19 restrictions however, Caledonia House has remained closed since April 2020 and therefore steps were taken to provide proper work stations at home for Cynthia and myself to enable efficient remote working. Latest information from **sportscotland** advised Caledonia House is likely to remain closed until October 2021.
4. Child Protection and Safeguarding  
I would like to extend a huge vote of thanks to our Deputy Chair, Senga Thomson, TTS Child Protection Officer, for her ongoing work during the Pandemic in this vitally important area. Working closely with the Children First organisation, Senga has reviewed and updated all of our policies to achieve 100% compliance. TTS is one of only 11 sports in Scotland to have achieved this standard. The national PVG scheme was reviewed by Disclosure Scotland on behalf of the Scottish Government and Cynthia Robinson has ensured that changes were incorporated in our systems. Cynthia will continue to provide this important free service to our members as restrictions are lifted and we return to play.



5. **sportscotland** is our most important funding partner and we extend a sincere vote of thanks to CEO, Stewart Harris and our Partnership Manager, Jane Scott, who has been a constant source of advice, support and encouragement. We have just been informed that Jane will be going off on maternity leave in September and her replacement will be Charlotte McBeath (who many of you might remember from her playing days in the late 1970`s). Charlotte played for Scotland on a number of occasions and we are fortunate to have her support now in her professional role with **sportscotland**.
6. As we could not occupy the physical space during lockdown TTS endeavoured to occupy the digital space to continue to engage the membership and maintain contact. We are greatly indebted to Stephen Gertsen who has presented a series of excellent, high quality, online workshops for players, coaches and clubs and coordinated a series of joint Home Country online training Camps with Scottish coaches supporting. Appreciation due also to Dave Fairholm for his excellent and popular series of Monday night zoom sessions and to Mat Norbury for his support as outlined in his own marketing report.
7. One of TTS` longest relationships has been with our national equipment and clothing supplier, Butterfly/Teessport and Managing Director, Alan Ransome OBE. This is a very valuable sponsorship which provides (free of charge) all of our competition tables and ancillary equipment, together with clothing for our national teams. This agreement will extend for a further four years and represents in value in kind, each cycle, £70,000 of equipment and £80,000 of clothing. We look forward to maintaining our mutually beneficial working relationship with Alan and Marketing Manager, Phil Mccallum. All of our equipment continues to be stored securely at Bell`s Sport Centre and our thanks go to Centre Manager Kerr Smith and his team for providing a first- class service for our national events programme.
8. A number of our key supporters are table tennis players and we are indebted to the following friends for their help in supporting table tennis during the Pandemic: Mike Letchford and his team at DIAGKNOWS for a superb Pro Bono IT support service: Pete Lugton for graphic design services and website development: Mat Norbury and JUMP Marketing for great work on all POP in PLAY projects and revitalising our social media content. We look forward to more exciting initiatives from Mat (as outlined in his Marketing Report) in his new role as our Marketing Director and finally, personal friends and colleagues for over 56 years, Hugh McLaughlin and Peter Cameron of STUDIO CEE photography. Sincere thanks to you all.
9. To all my colleagues on the Board, each one a volunteer supreme, who gives a huge amount of their time for the benefit of our sport, I salute you all in appreciation. We in TTS also salute the many brilliant volunteers who selflessly give their time to organise our sport in clubs and leagues around Scotland. Your dedication is inspiring.
10. Coming full circle, the negative impact of the Covid 19 Pandemic represents a huge challenge to every sport in Scotland. Looking ahead our immediate priority is to develop an effective recovery plan in cooperation with you our members and colleagues in Scottish Government, **sportscotland**, local authorities and facility providers. I look forward to working with you all in the coming year as we come together to tackle this unprecedented situation and to borrow a well- worn phrase, maybe even Build back Better!

**Richard Yule**

**Chief Operating Office**

## **13.0 AFFILIATION FEES FOR SEASON 2021-2022**

### **13.1 General Affiliation Fees**

Senior Player Affiliation	<b>£22.00</b>
Junior Player Affiliation	<b>£11.00</b>
Student Player Affiliation (All Age Groups)	<b>£11.00</b>
Non Playing Member Affiliation	<b>£8.50</b>

### **13.2 Clubs, Schools and Additional Affiliation Fees**

Club Fee (including other organisations)	<b>£30.00</b>
<b>Schools Fee</b>	
Primary	<b>£10.00</b>
Secondary	<b>£15.00</b>
Individual Tournament Affiliation Fee (Minors & Cadets only)	<b>£3.00</b>
Team Fee	<b>NIL</b>

### **13.3 Coach and Officials Registration Fees**

Coach Registration/ Licence Fee –	<b>£20.00</b>
Umpires/Referees Registration Fee	<b>NIL</b>

## **14.0 HONORARIA**

The Board of TTS propose that honoraria are paid in these amounts, pro-rata with regard to time in post in the year 2021-2022, to those fulfilling the criteria of the respective role as determined by the Board;

Directors: £650.00

## **15.0 ELECTION OF OFFICIALS**

**The current board positions are as follows:**

- President
- Chairman
- Vice Chair
- Finance Director
- Performance Director
- Development Director
- Director of Coach Education
- Director of Administration
- Marketing Director
- Non-Executive Director

**Proposed by the Board for election/re-election:-**

- President – Stewart McGowan
- Chairman – Terry McLernon MBE
- Vice Chair – Senga Thomson
- Director of Coach Education - Stephen Gertsen
- Performance Director – David Fairholm
- Development Director – Senga Thomson
- Finance Director – Alan Wilson
- Administration Director– Billy Gibbs
- Marketing Director - Mat Norbury
- Non-Executive Director – Lorraine Johnston,

## **16.0 TTS ANNUAL AWARDS**

As done so in previous years, the Awards Committee alongside the leagues worked together to conclude the following awards/nominations;

- Merit Award
- Honorary Life Member
- The Harry Baxter Award

The Board of TTS would like to congratulate the recipients of these awards and to thank the Awards Committee for their time and effort.