**Growing Table Tennis in the**

**North East of Scotland**

**5 year Development Plan 2023-2028**

**Index**

1. Executive Summary
2. Background
3. Venues
4. Participation
5. People
6. Performance
7. Funding for future developments
8. Action plan for next 12 months

Appendix 1 – Current Weekly Sessions in ADTTA area

1. **Executive Summary**

This Development Plan has been prepared to follow on from the original plan which was prepared in 2018. From then through to early 2020, significant progress was made towards the objectives set. Key to the progress made was the successful application made to SportScotland for 4 years of funding for Development Officers to promote Table Tennis across the North East of Scotland.

However, the onset of the pandemic in March 2020 brought development activities to a sudden halt, only restarting in April 2022. This period devoid of any activity does however mean that the SportScotland funding will now continue into 2025, focusing on the following aims:

* Ensure many more young people are given the opportunity to take up the sport through schools and community venues
* Establish table tennis as a regular form of exercise for more people of all ages, including as a therapy for dementia and other long term conditions
* Increase the availability of coaching to improve the standard and enjoyment at all levels
* Develop talented athletes through the growth of the Aberdeen Table Tennis Academy.

Key issues that will require to be addressed during this 5 year period are as follows:

* Obtain funding to replace the SportScotland DCI grants
* Work with partners where potential exists to develop a regional table tennis venue
* Grow the number of volunteers in coaching, club and administration roles
* Improve our social media profile.
1. **Background**

Organised table tennis in the North-East of Scotland can be traced back to 1934 with the formation of the Aberdeen Table Tennis Association and a vibrant local league structure has been sustained since that time.

Local Championships were held from 1934 with players invited from elsewhere to compete and Aberdeen-based players would also regularly travel across Scotland to compete in other events. Aberdeen players were often to the fore at a national level, with the legendary Victor Garland, Eddie Still, and Richard Yule all springing to mind.

There is evidence to suggest that the involvement of younger players has always been encouraged and formal coaching programmes can be traced back to the early 1960s. Taking advantage of high quality coaching and adequate training facilities, local youngsters have been very prominent on the national scene and this has been a sustained feature of table tennis in Scotland since that time.

The Aberdeen Lads Club was the initial driving force and, with YMCA, they nurtured and developed the sport, locally and beyond, for a great many years. This was followed up by the ‘Triangle’ Club, as well as Ashvale through the 90’s, and the rise of the McClymont Hall and club was a shining light in ADTTA history.

Much of the ADTTA league history, past Divisional and Cup winners, can be found at <https://tabletennis365.com/Aberdeen/Pages/ADTTA_Past_Winners>

In 2011, after starting successful drop-in Table Tennis session for children at Aberdeen Sports Village, the initiative was taken to expand this and develop an ASV TT Academy, with potential for players to succeed at all levels of the game.

Two former national coaches, Max Singer and Charlie Matthew, were approached and both agreed to lead the Academy for a 6-week trial period.

Now, in 2023, over 200 children have regularly attended TT Academy sessions. There have been 5 selections for European events from Academy players, 2 UK Schools Champions, and many Scottish Team selections, with Academy players often supplying 50% of entire Scottish teams. We have had, and continue to have, several No.1 ranked players within their age groups & gender, several Scottish Champions, and several Scottish Team Champions. One statistic which defines the success of the ASV TT Academy is the run of Scottish U13 Team Champions for eight consecutive years, an excellent example of ongoing player development at national level and potential for future growth.

1. **Venues**

**Target**

* To establish accessible table tennis venues in as many communities as possible across the North East of Scotland
* Work with potential partners to build a North East Table Tennis Hub as a permanent venue to develop talented athletes.

**Current Venues Offering Table Tennis**

There are currently over 50 sessions taking place in the following venues:

* Aberdeen Sports Village
* Crown Terrace Church
* Shell Woodback Sports Complex
* Westburn Sports Centre
* Jesmond, Culter, Kincorth & Beacon Sports Centre’s
* Westhill Community Campus
* Garioch Sports Centre in Inverurie
* Baden Powell Hall in Turriff
* Alford Community Campus
* Banchory Academy
* Banff Sports Centre
* Mackie Academy in Stonehaven
* Rothienorman Community Hall
* Crathes Village Hall
* McBoyle Hall in Portknockie.

See further detail in Appendix 1

All opportunities for expansion need to be investigated so that the most cost effective venues can be identified to cater for a projected increase in demand.

Many of these current venues have limited additional capacity during evenings due to the size of their hall and other organisations competing for space. As a result scope for growth in participation is restricted, particularly in the 19-55 age group of players.

**Secondary Schools**

There are a total of 12 secondary schools in Aberdeen and 17 in Aberdeenshire. Of these, many already host regular lunchtime or after school sessions, with several playing host to after school or evening sessions for pupils from cluster primary schools. ADTTA has already helped establish most or all of these sessions.

Within 5 years all secondary schools could have sufficient table tennis equipment to accommodate lunchtime and after school sessions, including activity for cluster primary schools. Many Academies already have TT tables but over the five years it is estimated that additional tables will be needed to allow this activity expansion. Some may be funded by school budgets, with a potential element of matched funding from TTS. ADTTA would work toward offering some kind of assistance for this development, for instance a ‘table loan scheme’ that has happened previously. For after-school activity for PSs the main limitation will be access to gym or similar areas in secondary schools.

**Primary Schools**

There are a total of 48 primary schools across Aberdeen and a further 152 in Aberdeenshire. Only a handful of schools actually have their own equipment. As a result opportunities to introduce younger pupils to table tennis are limited.

Currently PS pupils are given tasters each year whether schools have TT tables or not. The aim is to progressively increase the number of primary schools with equipment so that conventional TT can be taught at after-school clubs and as many young people as possible get the opportunity to start playing at an early age (P4 or P5). This would also enable table tennis to be included as part of curriculum PE. The above will require a significant investment in equipment.

The hope is that most After School Clubs for primary school pupils will be located in their cluster secondary schools, which can also help with pupils' transition or at local sports centres where they will have access to more tables. However, to boost participation in areas of higher deprivation and in rural communities, it may be appropriate to help to supply more tables to primary schools so they can run after school activities on site. As an interim measure, “stretchy” nets can also be used on ordinary school tables.

**ASN Pupils**

In recent years, in collaboration with local authority staff, ADTTA has given support to ASN Festivals for schools with pupils who have additional needs in the age range from P3 to S4/5. Discussions have been held to see if we could provide coaching to ASN staff and/or parents to make TT a more sustainable activity for the ASN pupils involved, rather than once or twice per year at the festivals.

Where schools express an interest, an effort will be made to supply additional equipment so that they are able to introduce pupils to playing table tennis. This forms one of the targets for the DCI project in Aberdeenshire and will also be introduced in Aberdeen. A network of volunteers will be developed to support regular sessions within schools.

**Universities & Colleges**

There is an existing student club in the University of Aberdeen who are already integrated into the leagues. The club at Robert Gordon’s University has stalled but offers scope to be re-introduced with ADTTA input.

Table tennis is included as one of the sports studied in HND courses at North East Scotland College (NESCOL). There is potential to establish and strengthen links between local clubs and college sites to encourage more young people to participate. This may also help with volunteers and work experience to run other community sessions such as in special needs schools.

A previous meeting between NESCOL, local authority staff, ASV and ADTTA agreed that:

* Students who select table tennis will be provided with entry level UKCC coach training by ADTTA
* The students would then start their volunteering by giving coaching support to primary and secondary schools, and hopefully care homes, sheltered housing, older age groups, and ASV junior sessions.
* The college or ASV will provide the facility for the UKCC coaching courses and assist the students to obtain PVG training and qualification
* For various reasons, not least the pandemic, this has stalled, but should be revisited.

**Leisure Centres**

Many centres already host some table tennis activity. Where there is equipment already in place, the potential to host daytime sessions can be investigated in partnership with Sport Aberdeen. Expansion into other centres will be planned systematically so that most, if not all offer regular table tennis within 5 years. Weekend or evening sessions for ‘working adults’ is also an area that should be investigated in partnership with Sport Aberdeen & other trust partners. This is another growth area that so far remains untapped.

**Community Centres / Church Halls**

These often have more availability and can be more cost effective in smaller communities. Often these centres already play host to community groups such as lunch clubs or dementia cafes. Including table tennis as an activity alongside existing groups will increase access and encourage otherwise inactive people to play on a regular basis. Collaboration with Disability Sport Scotland and Dementia Friendly Aberdeenshire will help identify suitable sites.

**Workplaces**

A small number of NE employers already provide access to table tennis in the workplace. This should be encouraged and supported as it enables many more adults to benefit from a combination of regular exercise in a sociable environment. Although this will not be a focus over the next 5 years, when opportunities arise they will be pursued.

**Permanent Table Tennis Venue**

Previous discussions with Aberdeen Sports Village & Aberdeen Football Club regarding the potential to develop a bespoke Table Tennis venue have both stalled for various reasons, and although initial plans were drawn up for an extension at ASV to include a permanent Table Tennis area, in the current financial climate these options seem unlikely to progress. ADTTA are currently exploring the possibility of ‘Asset Transfer’ with ACC. This would provide a massive increase in capacity that would benefit players across the region:

* Performance athletes would have the opportunity to train every day, enhancing what is already available
* Already established Clubs would have considerably more capacity to expand regular sessions if also using the dedicated venue
* New Clubs may use this potential venue as their home venue
* It would be a major new venue for daytime activities for Evergreens and special needs groups
* Many more local, regional, and national events could be delivered.
* Training courses and summer camps, as well as workshops would also be possible.
1. **Participation**

There are currently around 700 people playing table tennis on a regular basis across the North East as members of one of the existing clubs or social groups.

Over the next 5 years the target is to increase the numbers progressively so that up to 1500 people are playing regularly, with many playing more than once a week. This will be achieved by encouraging the growth of clubs within schools and community venues and by expanding the opportunities for people of all ages and abilities to play socially.

**Young people**

The aim is to create a pathway for young people into the sport. It is important that they have the opportunity to gain experience of playing table tennis at an early age. If they are interested, they then need the opportunity to play regularly to build the confidence to progress in the sport. This will be achieved through the following programme:

* Work on developing existing Taster Sessions – initially for P4-7 pupils and then a rolling programme for P4-5 pupils
* Offer CPD teacher training at cluster level to enable table tennis to be included as part of curriculum PE in primary schools
* Identify staff and volunteers who are prepared to take a lead in each school
* In collaboration with Active Schools, establish breakfast or lunch clubs in as many primary schools as possible, including female only groups
* Encourage lunch clubs in all secondary schools, run by senior pupils
* Aim to deliver more After School Clubs in cluster secondary schools, run by qualified coaches and/or teachers, e.g. a S1-6 session followed by a P4-7 session
* All keen players will be encouraged to become members of a local club
* Have a strong focus on developing and encouraging female players into the sport.

In Aberdeenshire, this programme has been supported by SportScotland’s Direct Club Investment scheme to develop clubs in at least 12 communities and thus encourage TT at all ages.

The current Aberdeen TT Academy is currently located at the Aberdeen Sports Village where Academy sessions are for high performance training 4 days a week throughout the year. More details are provided in the Performance section later in the document.

**Special Needs / Disability**

Participation will be increased by running regular sessions within ASN schools. Working in partnership with Disability Scotland, councils and care providers, regular daytime sessions will be held specifically for adults with learning difficulties and physical disabilities. Clubs will be encouraged to open up club social sessions to more disabled players. Evergreen session leaders will continue to encourage those with MS, Parkinson’s and early-stage dementia to participate regularly. Disability sessions were introduced at ASV in July 2022 with some success and have large scope for development.

**Older people / social / therapy**

This is an area where ADTTA is already leading the way (16 weekly sessions throughout Aberdeen City and to a lesser extent in Aberdeenshire). The success of the Evergreens programme is now being used as a model in other parts of Scotland. Where there is scope for expansion in Aberdeen this should be supported, with extra sessions in more venues across the city.

A similar approach is being rolled out across Aberdeenshire either coordinated by local clubs or in partnership with the Council. Within 5 years the aim is that over 15 communities across Aberdeenshire will have regular daytime table tennis.

To have the biggest impact on those least active or suffering from dementia, it is essential to make it as easy as possible for older people to take part. Over the next five years we will continue a focus on boosting participation in care homes and sheltered housing sites. This will involve partnerships with key care providers. It will require the recruitment of volunteers to make sessions as fun for participants as possible and will draw on members of the existing Evergreen sessions to help run sessions. These care homes and sheltered housing activities have already been relatively successful through partnership with TTS &the Active Aberdeen Partnership, some funding for this may still remain. The pandemic has had a major impact on the above, but remains a target for ADTTA.

**Tracking participation levels**

Baseline figures for existing participation in Aberdeen City and Shire are provided below for Pre-Pandemic years. These have been produced from data provided by Active Schools, Aberdeen Sports Village and ADTTA coaches. Targets for growth over the next 4 years are outlined.

Clubs will be asked to provide attendance figures annually. This will provide the information to track participation changes within key target groups.

**Table of TT activity in Aberdeen and district in terms of player hours per year.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | **% of total** |
| **Activity** | **2015/16** | **2016/17** | **2017/18** | **2018/19** | **2019/20** | **in 2019/20** |
| Tasters Primary | 890 | 1549 | 1307 | 1185 | 1455 | 2.5% |
| Tasters Secondary | 65 | 34 | 0 | 13 | 75 | 0.1% |
| After school clubs | 2909 | 2363 | 3644 | 3154 | 1424 | 2.5% |
| Lunchtime school clubs | 3839 | 2303 | 1805 | 2559 | 1597 | 2.8% |
| Junior coaching | 10520 | 11270 | 10136 | 7554 | 7764 | 13.6% |
| Student coaching | 960 | 960 | 960 | 960 | 960 | 1.7% |
| Over 50s | 10332 | 11805 | 15674 | 21002 | 23254 | 40.6% |
| ADTTA leagues | 6552 | 6786 | 6786 | 7722 | 6660 | 11.6% |
| Adult clubs (non-match) | 2836 | 4550 | 7511 | 14610 | 11391 | 19.9% |
| Care homes/sheltered housing |  |  |  | 1987 | 2636 | 4.6% |
| Total no of player hours per year | 38903 | 41619 | 47823 | 60745 | 57215 |  |
| % increase on previous year |  | 7% | 15% | 27% | -6% |  |
|  |  |  |  |  |  | 100.0% |

Notes: The increase in 2018/19 largely due to employment of 2 part-time development officers in Aberdeenshire

2019/20 is affected by Covid lockdown from March-May. No statistics have been gathered since May 2020.

**5 People**

**ADTTA Committee**

To maintain the momentum in developing TT in North-East Scotland, a dynamic Committee is essential. A key risk to the Association is being unable to ensure succession in key posts. For many years a small group of the same volunteers have led on, delivered, and expanded TT activities throughout the area. More recently those efforts have been consolidated by part-time posts both at ASV and across Aberdeenshire. Over the next 5 years, ADTTA will need to acquire additional volunteer help, as well as funding for continuing any part-time posts if the current level of activity is to be maintained and increased.

**Coaches**

There are currently around 30 active coaches, qualified at Level 1 or 2, across the North East (City and Shire). In addition there are about 40 other volunteers who are assisting with coaching but have only the basic UKCC introductory coaching qualification. The great majority of these coaches are unpaid and many will coach for only 1 or 2 hours a week.

The current DCI-funded coach contracts based in Aberdeenshire will continue until 2025. Over 5 years the aim is to continue to increase the number and standard of coaching available. This will be achieved by:

* Encouraging existing coaches to continue to develop their skills and reach higher coaching levels
* Ensure as many of those as possible that are currently volunteering with only the basic qualification are encouraged to progress to Level 1 or higher
* Identify parents, teachers and sports venue staff who may be interested in supporting local activities and progressing their coaching skills.

**Volunteers**

Existing and new clubs will only thrive if they have enthusiastic volunteers running them. Clubs, ADTTA, and TTS will actively identify and support volunteers to help drive forward new activities. Effective coordination of volunteers is needed to make the best use of all the coaches in the area. This is also one of the major aims of the DCI posts in Aberdeenshire.

**Teachers**

The most effective way to ensure youngsters are introduced to table tennis at an early age is to encourage it to be included as part of the PE curriculum in primary schools. This can be in the form of basic bat and ball skills. The investment in time to train teacher to be able to deliver basic session plans will enable them to run taster sessions within schools. This will mean that club coach and volunteer time can then be focused on recruiting interested pupils to join club sessions.

Teacher training & CPD will be an integral part of the plan as each new cluster of primary schools is introduced.

**Training**

ADTTA will take the lead in organising coach and volunteer training across the region. A new training and coaching committee has been be created, activity will include:

* Introductory Level courses on a needs basis
* Regular Level 1 courses – targeting at least 1 every year
* A Level 2 course bi-annually to continue to develop coaching skills, making it as easy as possible for coaches to participate
* Ensure all club coaches are PVG checked and working toward TTS licensing, help coordinate safeguarding and first aid training so that all clubs have cheap and easy access to courses
* Develop a system of the mentoring of new coaches, especially at Intro and L1 levels, to provide initial experience and practical advice on coaching beginners
* Organise regional development days, ideally twice a year, to help coaches support each other and share their experiences. This will involve special needs and dementia awareness training.
* Cluster CPD sessions for teachers to encourage curriculum PE
* Encourage as many coaches as possible to attend annual TTS coach training
* All will be encouraged to participate where possible in any TTS led conferences and training opportunities.

**6 Performance**

The Table Tennis Academy based at the Aberdeen Sports Village that was established as part of the first DCI project (2014-2018) has been a huge success as outlined previously.

This will continue to be the focus of the NE performance programme with talented athletes encouraged to attend sessions several times per week.

In the short term additional capacity is being created by introducing Academy training in the Garioch Centre in Inverurie. This will also make training more accessible for youngsters living in parts of Aberdeenshire. Additional sessions and performance coaches will be needed for Inverurie as numbers grow.

If a potential dedicated venue goes ahead then this will provide considerable flexibility and capacity to host additional Academy training.

**7 Funding Future Developments**

This development plan is going to need a major increase in funding. This will be supported by TTS with direct assistance with funding applications and training to enable clubs to become more effective at raising funds themselves. The following sources have been identified:

**Table Tennis Scotland**

TTS now has a North area Development Officer in place. Use and utilization of this resource to be taken advantage of. TTS also awaiting outcome of additional funding application to SportScotland for further development. ADTTA to be at the forefront if this as/when additional funds become available.

**Awards for All / Big Lottery**

Although the overall level of funding is getting smaller, there is still potential for individual clubs to apply for smaller grants every few years. This may help with equipment costs or support new initiatives. Applications supporting activities for older people and those in more deprived areas will be more successful.

**Sportscotland**

The ability to apply for further DCI funding has now ended. A new resource is being developed by Sportscotland for clubs. This should be closely tracked, and applications made as and when appropriate.

**Aberdeen Sports Village**

Continue to support coaching activity at ASV and in local schools through current set up. This is currently being ‘assessed’ along with other areas and may be rationalized going forwards.

**Charitable Trusts**

* Inverurie Youth Sports Foundation is already supporting Garioch SC developments, and could be approached again as part of the wider planned Aberdeenshire activity
* MacRoberts Trust is a possible funder of activity in/around Tarland
* Community Wind Funds for Huntly

**Aberdeenshire Council**

* The local area partnerships covering Banff and Banff & Buchan areas have an annual budget that could support community table tennis. They seem to have an annual application round every spring.
* Connecting Communities Fund – based on inter-generational work and supporting older citizen – 4 rounds per year. The priority is for the north of Aberdeenshire and there is a matched-funding element.
* Assist Fund – might also be appropriate for capital equipment funding – needs advice from Council.

**Private Philanthropy**

The success of the Academy in developing talented youngsters must open doors to potential funding from wealthy individuals and private charitable organisations.

**8 Action Plan for next 12 months**

Phase 1

* ADTTA and member clubs complete and agree the development plan
* Note of interest to ACC around ‘Asset Transfer’ possibilities
* Application to TTS for short term development activity and to supply additional equipment
* Partner funders identified with IYSF funding already in place for Garioch SC
* A review of ADTTA organisation with the aim of identifying responsibilities of committee members clearly e.g. tournament committee, coach management, fund raising, management of DCI and TTS projects
* DCI recruitment replacement underway.

Phase 2

* 8-10 new weekly Evergreens sessions established across the NE
* 3/4 TT groups set up in care homes/sheltered housing in Aberdeen City
* All clubs encouraged to continue to affiliate to TTS
* Further potential donors approached
* Further applications made for City & ‘Shire funding
* Improvement and enhancement of Social Media presence
* Larger development of North Open event
* Investigate opportunities that may arise from obtaining charitable status.
* Appendix 1. Weekly TT sessions in ADTTA area
* Draft March 2023

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Time** | **Session** | **Area** | **Venue** |
| **Monday** | 13.45 - 15.45 | Over 50s | Bridge of Don | Jesmond Sports Centre |
|  | 14.00 - 15.30 | General | Newmachar | Axis Centre |
|  | 14.00 – 16.00 | Over 50s | Pittodrie St | Aberdeen Sports Village |
|  | 14.00 – 16.00 | Over 50s | Portknockie | McBoyle Hall |
|  | 16.00 – 17.00 | Juniors | Inverurie | Garioch Sports Centre |
|  | 16.00 - 18.00 | Juniors+Academy | Pittodrie St | Aberdeen Sports Village |
|  | 18.30 – 21.00 | Shell TTC | Pitfodels Abdn | Shell Woodbank Sports Centre |
|  | 19.15 – 21.30 | CTM TTC | Crown Terrace Abdn | Church Hall |
|  | 20.00 – 22.00 | Alford TTC | Alford | Alford Community Campus |
|  **Tuesday** | 09.45 – 11.15 | Over 50s | Pittodrie St | Aberdeen Sports Village |
|   | 13.30 – 15.45  | Over 50s | Ellon | Meadows Sports Centre |
|   | 14.15 – 15.45 | Over 50s | Culter | Culter Sports Centre |
|  | 14.15 – 15.45 | Over 50s | Kincorth | Kincorth Sports Centre |
|  | 16.15 – 17.15 | Juniors | Portknockie | McBoyle Hall |
|  | 17.00 - 18.00 | Disability | Pittodrie St | Aberdeen Sports Village |
|  | 17.00 - 18.00 | Adults | Pittodrie St | Aberdeen Sports Village |
|  | 18.00 - 20.30 | Triangle TTC | Pittodrie St | Aberdeen Sports Village |
|  | 19.00 – 22.00 | Westhill TTC | Westhill | Westhill Community Centre |
|  | 18.30 - 21.30 | West Park TTC | Westburn | Get Active Westburn  |
|  | 19.00 – 21.00 | Stonehaven TTC | Stonehaven | Fetteresso Church Hall |
|  | 20.30 - 22.30 | Abdn Uni TTC | Pittodrie St | Aberdeen Sports Village |
|  **Wednesday** | 09.45 – 11.15 | Over 50s | Westburn | Get Active Westburn  |
|  | 10.00 - 12.00 | Adults | Crathes | Crathes Village Hall |
| **Wed (cont)** | 10.15 - 11.45 | Over 50s | Westhill | Westhill Community Centre  |
|   | 12.30 - 15.00 | Abdn Uni TTC | Pittodrie St | Aberdeen Sports Village |
|  | 15.30 – 16.45 | Parkinsons/MS session | Stonehaven | Fetteresso Church Hall |
|   | 18.30 –20.00 | Inverurie Harlaw TTC | Rothienorman | Rothienorman Village Hall |
|  | 18.30 - 21.30 | Westburn TTC | Westburn | Get Active Westburn |
|  | 18.30 – 21.00 | Shell TTC | Pitfodels Abdn | Shell Woodbank Sports Centre |
|  | 19.00 - 2100 | General | Banff | Deveron Sports Centre  |
|   |  19.00 –21.00 | Adults | Inverurie | Garioch Sports Centre |
|   | 19.15 – 21.30 | CTM TTC | Crown Terrace Abdn | Church Hall |
|  | 20.00 - 2100 | General | Inverurie | Garioch Sports Centre |
|  **Thursday** | 09.30 - 11.45 | Adults | Ellon | Meadows Sports Centre |
|   | 09.45 – 11.15 | Over 50s | Pittodrie St | Aberdeen Sports Village  |
|   | 13.45 - 15.45 | Over 50s | Bridge of Don | Jesmond Sports Centre |
|   | 13.00 - 14.00 | Over 50s | Inverurie | Garioch Sports Centre |
|  | 17.00 – 18.00 | Juniors | Stonehaven | Mackie Academy |
|   | 19.00 - 21.00 | General | Banchory | Banchory Sports Village |
| **Friday**  | 09.30 – 11.30 | Adults | Turriff | BP Centre,Baden Powell Road |
|  | 09.45 – 11.15 | Over 50s | Westburn | Get Active Westburn |
|  | 10.00 – 11.00 | Over 50s | Turriff | Baden Powell Centre |
|  | 1400 - 1500 | Teen TT | Fraserburgh | Fraserburgh Sports Centre |
|   | 14.15 – 15.45 | Over 50s | Culter | Culter Sports Centre |
|   | 14.15 – 15.15 | Over 50s | Kincorth | Kincorth Sports Centre |
|  | 15.30 – 16.30 | Juniors | Turriff | BP Centre, Baden Powell Road |
|  | 16.00 – 18.00 | Juniors+Academy | Pittodrie St | Aberdeen Sports Village |
|   | 19.00 – 21.00  | Turriff TTC | Turriff | BP Centre, Baden Powell Road  |
|  | 1900-2100 | Peterhead TTC | Peterhead | Rescue Hall, Prince St. |
| **Saturday** | 09.00 – 11.30 | Academy | Pittodrie St | Aberdeen Sports Village |
|  | 10.00 – 11.30 | Inverurie Harlaw TTC | Rothienorman | Rothienorman Village Hall |
|  | 10.30 – 12.30 | Westhill TTC | Westhill | Westhill Community Centre |
| **Sunday** | 12.00 – 14.30 | Academy | Pittodrie St | Aberdeen Sports Village |
|   | 14.00 – 15.30 | Stonehaven TTC | Stonehaven | Fetteresso Church Hall |
|  | 14.00 – 15.30 | Turriff TTC | Turriff | BP Centre, Baden Powell Road  |
|  | 15.00 – 17.00 | General | Inverurie | Garioch Sports Centre |