



INSPIRA

National Grassroots Coaches Seminar

Host Organisation: Ace Tennis & Padel Academy

Location: Heraklion, Crete, Greece

Implementation Period: 1–19 May

Seminar Coordinator: Kalaitzakis Antonis

Seminar Format: 30 Hours Blended Learning

1. National Grassroots Coaches Seminar Programme

Ace Tennis & Padel Academy organised the National Grassroots Coaches Seminar within the framework of the INSPIRA project in order to educate additional coaches and prepare them for the implementation of the pilot phase. The seminar focused on digital tools, inclusive coaching methodologies, family tennis principles and health-oriented participation strategies.

The seminar was developed following a blended learning methodology and combined theoretical education, independent study, practical implementation and collaborative evaluation. Coaches were encouraged to transfer the acquired knowledge directly into their daily coaching practice and contribute to the long-term sustainability of the project.

Introduction to INSPIRA Principles

Participants explored the philosophy, objectives and expected outcomes of the INSPIRA project. Particular emphasis was placed on inclusion, healthy lifestyles and lifelong participation in tennis.

This activity contributed to strengthening coaches' competencies in communication, inclusion, health promotion and grassroots participation through tennis.

INSPIRA App and Pilot Phase

Participants were guided through the registration procedures, app functionalities, Module A content and pilot phase application procedures.

This activity contributed to strengthening coaches' competencies in communication, inclusion, health promotion and grassroots participation through tennis.

Club Implementation Strategies

The club presented practical changes associated with INSPIRA, including family tennis activities, social participation and inclusive coaching environments.

This activity contributed to strengthening coaches' competencies in communication, inclusion, health promotion and grassroots participation through tennis.

On-Court Session I

Coaches tested several coaching inspirations and explored cooperative exercises designed to increase participation and enjoyment.

This activity contributed to strengthening coaches' competencies in communication, inclusion, health promotion and grassroots participation through tennis.

On-Court Session II

Participants adapted activities to different target groups and discussed ways to integrate them into regular coaching sessions.

This activity contributed to strengthening coaches' competencies in communication, inclusion, health promotion and grassroots participation through tennis.

Independent Learning

Participants studied educational materials individually and familiarised themselves with the digital platform.

This activity contributed to strengthening coaches' competencies in communication, inclusion, health promotion and grassroots participation through tennis.

Feedback Session

Participants evaluated the educational process and proposed improvements.

This activity contributed to strengthening coaches' competencies in communication, inclusion, health promotion and grassroots participation through tennis.

2. Participants Attendance Sheet

No.	Full Name	Role
1	Kalaitzakis Antonis	Coordinator
2	Papadopoulos Giannis	Coach
3	Boboni Kalliopi	Coach
4	Kalaitzakis Giannis	Coach
5	Chatzinikolakis Dimi	Coach
6	Karatzoglou Argiris	Coach

3. Final Seminar Report

Objectives

The seminar aimed to educate four additional grassroots coaches and support the implementation of INSPIRA at local level.

The seminar also encouraged collaboration among coaches and created a common framework for future implementation activities within Ace Tennis & Padel Academy.

Methodology

A blended learning approach was adopted, combining theoretical sessions, digital familiarisation, independent study and on-court activities.

The seminar also encouraged collaboration among coaches and created a common framework for future implementation activities within Ace Tennis & Padel Academy.

Participant Engagement

Participants actively exchanged experiences and developed practical solutions.

The seminar also encouraged collaboration among coaches and created a common framework for future implementation activities within Ace Tennis & Padel Academy.

Impact

The seminar strengthened the club's ability to implement family tennis, inclusion and health-oriented participation initiatives.

The seminar also encouraged collaboration among coaches and created a common framework for future implementation activities within Ace Tennis & Padel Academy.

Future Actions

The trained coaches will support future pilot phase activities and community engagement actions.

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4. Photo Documentation

Photo 1

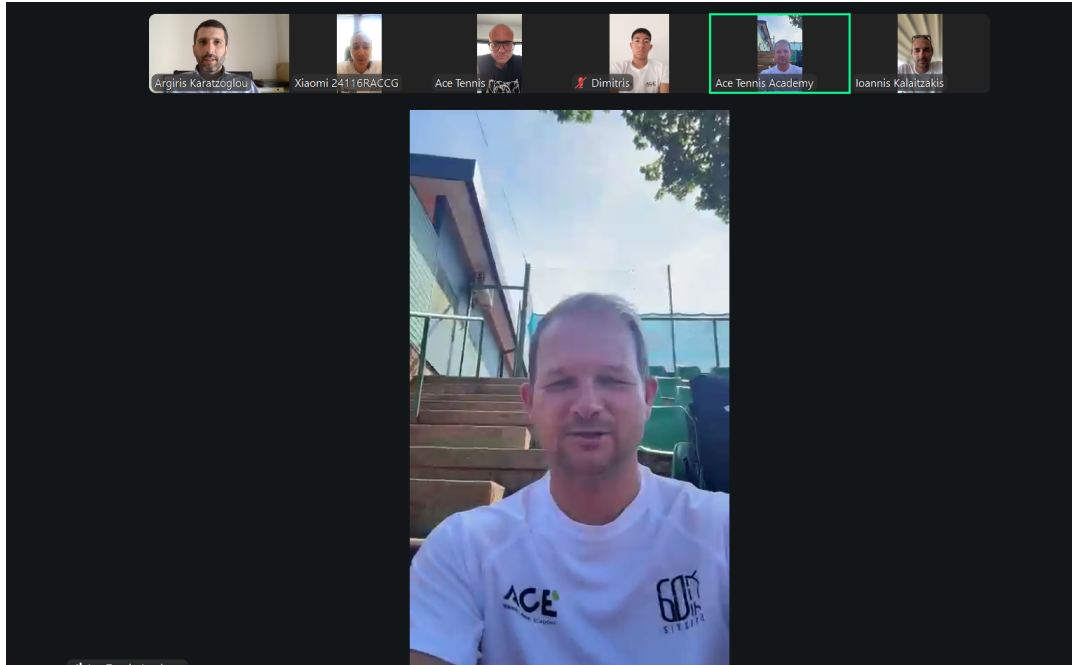
Participants during the National Grassroots Coaches Seminar at Ace Tennis & Padel Academy.



5. Blended Learning Evidence

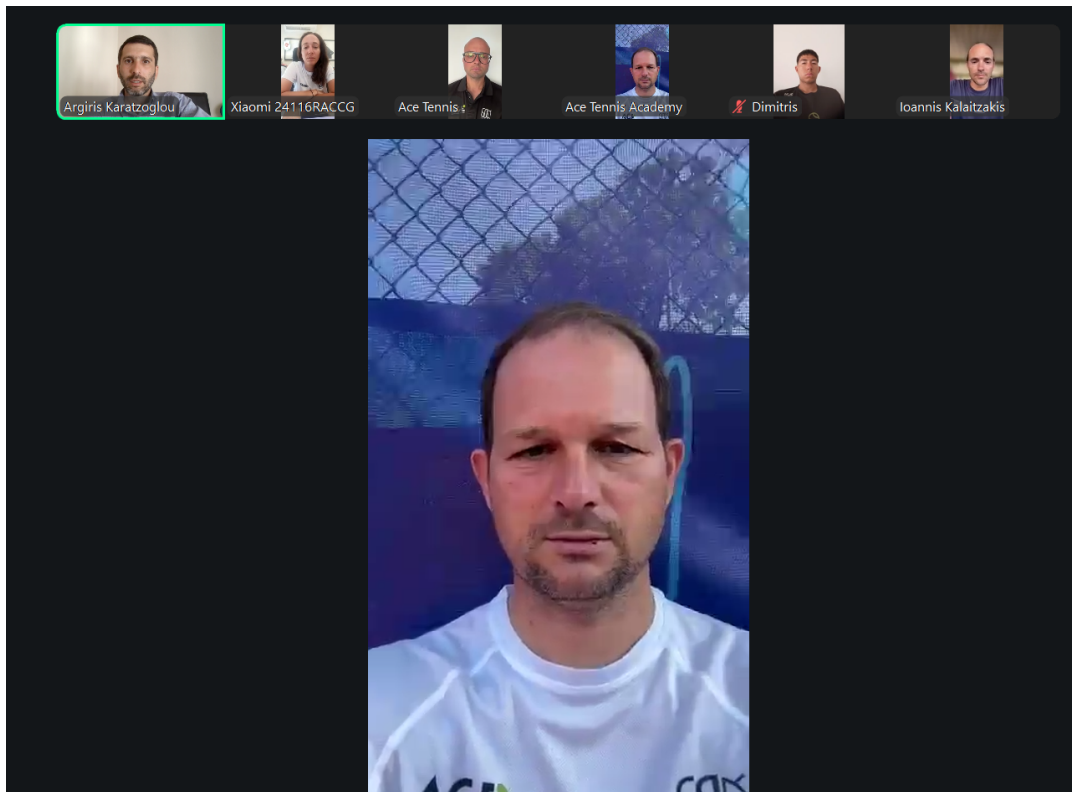
The seminar combined online coordination meetings, independent learning through the INSPIRA App and Module A, and practical on-court sessions. The following images document the blended learning approach implemented by Ace Tennis & Padel Academy.

Online Coordination Meeting 1



Initial online coordination meeting introducing the seminar structure, INSPIRA App and implementation timeline.

Online Coordination Meeting 2



Follow-up online meeting focusing on implementation progress and discussion among participating coaches.

Second Practical Seminar



Practical doubles activity applying the coaching inspirations.

Practical Feedback



Coaches exchanged feedback after the practical session.

Participating Coaches



Group photo of the participating coaching team.

Seminar Group



Participants following completion of the practical seminar.

Practical Session with Players



Application of the activities with junior players during the practical session.