



2018

South West Academy of Sport Tennis Program Information Sheet

The South West Academy of Sport (SWAS) 2018 Tennis program, proudly supported by Tennis Victoria and the Victorian Institute of Sport, provides coaching, training and education sessions designed to complement athlete's daily and weekly training environment with their local private coach – through the provision of both on and off court activities. The program aims to bring together the most talented junior players in the South West region.

Program Structure

The tennis program is structured to deliver four training camps over the 12 month program period, with one camp delivered each school term. Each camp combines on-court activities with sport science and personal development activities off the court. These camps are scheduled to avoid Tennis Victoria's "Player Support Program" sessions (which is a further complement to an athlete's daily and weekly training environment of private coaching) as well as avoid Tennis Victoria's series of Regional Teams events.

Duration

The 2018 Tennis squad program will run from **February 2018 to January 2019**

Head Coach

Tennis Victoria's Regional State Coach, Doug Hill.

[Hear directly from Doug about the SWAS program \(Video\)](#)

Benefits to athletes selected in WRAS

- Intensive training by quality coaches
- Skill development
- Development camps (Each camp combines on-court activities with sport science and personal development activities off the court).
- Strength and conditioning programs, support and advice (including functional movement screening)
- Access to [myAISbasecamp](#) an Australian Institute of Sport athlete development and support program
- Sports science muscular-skeletal testing and education
- SWAS uniform
- Personal Development workshops such as Nutrition, Sports Psychology, Media training, Recovery
- Access to a medical support network.
- Tennis Victoria tournament support at 1-2 identified Junior tournaments from the regional state coach.
- Tennis Victoria Inter-Academy Challenge involving team competition and other activities with all other Victorian Regional Academies held at Melbourne Park.
- Subject to a players Australian rankings, direct access into Tennis Victoria's Player Support Program delivered at Melbourne Park.

SWAS Tennis Program Selection Criteria

The SWAS 2018 Tennis program caters for pre-elite male and female athletes aged in the birth years 2000-2006. The program services up to 16 athletes with final numbers dependent upon trial results and competency against the selection criteria.

1. Be an existing member of a Tennis Victoria affiliated club in the South West country tennis region, or Tennis Victoria directly.
2. Have a positive attitude and a willingness to learn.
3. Have reached a satisfactory standard of play based on current player rankings and/or performance at local tournaments and regional events.

Current eligible players may receive a priority invitation to the 2018 program based on commitment to the program in 2018 and their progress. The remaining places will be selected from the trial. The trial will be held on **Sunday 3 December 2017 at 4:00pm** at the Warrnambool Lawn Tennis Club. The final squad will be announced within two weeks of the trials.

2018 Academy Costs

Full membership of 2018 Tennis Program is \$415 per athlete

Optional Extras

SWAS Hoodie	\$50
SWAS Socks	\$15

*Note: Please reference the player's name on all internet banking into the following bank account. South West Academy of Sport
BSB: 633 000
Account: 138 106 372*

Athlete expectations

There will be an athlete agreement sent to all athletes upon their acceptance. This will include the expectations SWAS has of their athletes for example those listed below:

Training, Fitness Testing & Personal Development

The athletes selected into the program are expected to attend all training sessions on the attached program unless extenuating circumstances arise.

Injury

Injured athletes are expected to attend training, even if they are unable to participate in all activities.

Uniform

Uniform items will be issued by SWAS, a polo and training singlet as well as a warm up jacket. Athletes will be required to wear the uniform items issued and maintain them in a clean, neat and tidy manner at all times.

Athlete Application and Information Forms

[Tennis Application Form 2018](#)

Further information about the 2018 South West Academy of Sport Program is available on SWAS website www.swas.org.au or please contact SWAS Administration and Athlete Liaison Emma Bellman on 5564 8567 or via email emme.bellman@swtafe.vic.edu.au