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**2024 TENNIS PROGRAM**

**INFORMATION SHEET**

**Overview**

The Sunraysia Academy of Sport 2024 Tennis program, proudly supported by Tennis Victoria, will provide a training environment designed to complement athlete’s weekly training environment with their local private coach – through the provision of both on and off court activities.

**Targeted Squad**

Boys and Girls born between birth years 2008 and 2014 inclusive. Athletes born outside of this bracket are still welcome to apply for the program.

**Timeline**

The Sunraysia Academy of Sport 2024 Tennis Program **will begin the 25th of April 2024 and will run until October 7th, 2024.**

**SAS Tennis Academy Program Inclusions:**

* Fitness testing day to commence the program – 25th April 2024
* Individually tailored and monitored weekly supervised strength and conditioning sessions.
* 15x Tennis training sessions with coach James Page (Mondays)
* 16x Strength and Conditioning sessions with Chelsea (Thursdays)
* Fitness testing day to commence the program.
* Injury prevention seminar with Simon Callahan from Callahan Physiotherapy
* Session with a Motivational Speaker
* Further Athlete Education around topics such as Mental Skills and Nutrition
* Invitation to attend Tennis Victoria High Performance Day – Sunday 2nd June
* Invitation to attend Victorian Regional Academies of Sport Inter-Academy Challenge – Saturday 5th October – Sunday 6th October
* SAS Athlete Membership to Mildura Waves, courtesy of Aligned Leisure during the period the program runs (age restrictions apply)
  + 13 and Under: Aquatic membership only (access to pool, no gym)
  + 14 and Over: Gym & Aquatic membership (access to pool and gym)
* SAS athlete membership to Mildura Strength and Performance Centre for the duration of the program ($5 entry fee for non-scheduled sessions)
* Invitation to attend Tennis Victoria High Performance Day – Sunday 2nd June
* Invitation to attend Victorian Regional Academies of Sport Inter-Academy Challenge – Saturday 5th October – Sunday 6th October
* Discounted Nutrition information and meal plans thanks to LJB Physiques. Contact Luca for more information - 0417290953 or lucajoshuabruno94@gmail.com

**Exclusions:**

* Travel and accommodation to High Performance and Inter-Academy days
* SAS uniform and merchandise

**Sunraysia Academy of Sport: Tennis Program Selection Criteria**

The Sunraysia Academy of Sport: Tennis Program caters to a maximum of 12 athletes.

Athletes selected in the Tennis Program must satisfy the following criteria:

1. Be an existing member of a Tennis Victoria affiliated Club in the Sunraysia Region
2. Be a member of Tennis Victoria directly.
3. Have a positive attitude and a willingness to learn
4. Have reached a satisfactory standard of play based on current player rankings and/or performance at local tournaments and regional events.

The 2024 entry criteria for selection are as follows:

* **Boys & Girls – remaining places:** The Academy will take a maximum of 16 athletes into the program. After the initial invitations above are made, the remaining places will be awarded based on performance.

**General Adherence Criteria**

In order for athletes to maintain their position within the Sunraysia Academy of Sport: Tennis Program they will be required to meet certain standards relating to:

* Were SAS uniform to all SAS events and trainings.
* Behaviour and attitude reflecting a commitment to high performance.
* Commit to training on and off the court.

**Cost of Program**

The athlete levy for the 2024 SAS Tennis Program is $**300.** This does not include SAS uniform.

Payment plans are available.

Once accepted into the program, SAS bank details will be sent through for transfer. Cash or cheque are also available for payment. SAS does not have credit card facilities.

***SAS Uniform***

The uniform cost is not included in the athlete levy, however upon acceptance into the program, a uniform list will be sent through with details of compulsory and optional items to be ordered.

***It is an expectation that athletes wear their uniforms for media shoots/interviews,  
 training sessions and competitions where appropriate.***

We look forward to receiving your application and having you represent the Sunraysia Acadmy of Sport in 2024.

**Zac Pullman**

Executive Officer

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