



2025 WestVic Academy of Sport – Tennis Program

WestVic Academy of Sport's mission is to provide opportunities for Western Victorian athletes to be their best in sport and in life. To help achieve our mission everything we do as an academy is led by our guiding values: **Excellence, Resilience, Passion, and Connectivity**. These values allow us to lead the way for sporting success by guiding athletes on & off the field.

WestVic Academy of Sport offers Tennis Athletes' access to a range of services and resources to support athlete development and is complimentary to their existing training programs. The WestVic Tennis program is supported by Tennis Victoria and is incorporated within the pathway framework for players.

2025 PROGRAM AIM - *The aim of the WestVic Tennis program is to provide athletes with training and support that compliments the training they already complete with their clubs & coaches. High Performance and holistic education opportunities to provide tennis players across our region with the greatest chance to achieve their best in tennis & life.*

Sport Specific

- 6 x On-Court tennis sessions with WestVic Head coach Adam Lasky across indoor & outdoor facilities. These sessions will include Tennis Specific education modules presented by guest speakers.
- High Performance Day at the National Tennis Centre (Melbourne)
- Invitation to Victorian Regional Academies of Sport (VRAS) Inter-Academy Challenge Weekend.

Holistic Support

- WestVic Athlete Education series
- Community Network – Referral to Physiotherapy, Nutrition, Sport Psychology, Female Athlete support & more
- Fitness Testing sessions
- Online Strength & Conditioning program
- Tennis Specific Education – delivered at the golf sessions.

Our community network includes access to a range of consultants in a variety of areas such as Dietitians, Sport Psychologists and Female Athlete Support. As well as discounted services with our partners at Lake Health Group and the RADCentre.





Selection Criteria

To be eligible for selection in the WestVic Academy of Sport 2025 Tennis Program you had to express your interest in the program prior to the Open invitational session on March 16th 2025.

If you are unable to attend, then we encourage you to still apply.

Open Invitational Registration form - <https://forms.office.com/r/vsLU5vV2PG>

Squad

Due to the high level of interest for the 2025 Tennis Program we will be creating two squads to allow us to support more athletes in the region. The squads have been split to allow athletes to practice with those of the same ability, both squads will have access to all of the above offerings with on-court sessions running for two hours for each squad.

Cost

The cost of an annual membership in 2025, inclusive of the above services and supports is \$425.00 plus GST = \$467.50 (Note: payment is not required upon acceptance. A tax invoice will be emailed to you with the membership documents).

For more information on the WestVic Academy of Sport programs, please contact:

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Acting CEO

Website: [WestVic Academy of Sport - Home \(westvicsport.org.au\)](http://westvicsport.org.au)

