

2022/23 WestVic Academy of Sport – Tennis Program

WestVic Academy of Sport offers Tennis Athletes' access to a range of services and resources to support athlete development. The WVAS Tennis program is endorsed by Tennis Victoria, and provides athletes the opportunity to access support in a range of areas, including:

Athlete Education

- WVAS Athlete Education series
- Ticket to Olympian's Address dinner
- Wellbeing Network – Referral to Physiotherapy, Nutrition, Sport Psychology, Female Athlete support

Our Athlete Education series runs throughout the year and includes a complimentary ticket to our end of year dinner at the North Ballarat Sports Club with a special guest speaker. Some of the topics covered in our Athlete Education sessions includes Injury Prevention, Nutrition, Sports Integrity, and Sport Psychology. Our Athlete Education series will be a mix between in person sessions and releases on our Podcast series – 'The Athlete Handbook'.

Our wellbeing network includes access to a range of consultants in a variety of areas such as nutritionists, sport psychologists and female athlete support. As well as discounted services with our partners at Lake Health Group.

Physical Preparation

- Access to weekly S&C sessions at FedUni during Term 2 & 3.
- Access to remote programs
- Musculoskeletal screenings
- Fitness Testing sessions

Musculoskeletal screens are available in early Term 1 at Federation University, undertaken by Masters of Exercise Physiology students. Fitness testing will also be available to all athletes at the start of the year, to collect data that is able to be used when our coaches develop each athlete's strength and conditioning program.

Sport Specific

- On-Court tennis sessions with WVAS Head coach Jeremy Quast (Approx. 6 sessions)
- Match play sessions with Tennis Victoria Coach David Laird (Approx. 2 sessions)
- Invitation to Victorian Regional Academies of Sport (VRAS) Inter-Academy Challenge Tournament

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.

Selection Criteria

To be eligible for selection for the WVAS Tennis program, you will need to attend our 2023 Trial Day on Sunday the 6th of November. If you are unable to attend on the day due to other commitments, we highly encourage you to apply for the program, you will need to send through an email outlining your interest accompanied with a coach's reference and any recent competition results via the link on our website.

Operoo

Please note, WVAS uses Operoo to manage all communications and athlete information. Any required forms (such as permission forms, membership forms) will be easily accessible on Operoo, as well as also running bookings for MSK Screens, S&C sessions, and other events.

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

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Athlete Services & Program Coordinator

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

