

TENNIS PATHWAY & WHAT IT ENTAILS

DEVELOPMENTAL STAGE	Detail of what it involves
AIS/Pro tour	
National Academy, Melb	Selection for this is through Tennis Victoria. Please contact Emily Rae for more information
Barwon Sports Academy	<p>Purpose Partner with Tennis Vic and Barwon Region Tennis to select 16 of the regions most talented and committed players to undertake education in physical preparation, sports psychology, nutrition, goal setting, injury prevention. Be provided a training environment on a weekly basis that includes squad hitting, strength and conditioning, sport education and a medical network.</p> <p>How do I get selected? A trial is held in conjunction with the Barwon Region Development squad trials. Prior knowledge of players will be sort via coaches who also have the opportunity to provide input into final selection at a meeting post trial. This date will be set by Tennis Vic and Barwon Region Tennis (late November). Invite to trials sent out via local tennis data base.</p> <p>Selection criteria Tennis Victoria Criteria includes;</p> <ul style="list-style-type: none"> • Australian ranking • Results from recent Tennis Aust junior tour or Aust money tournaments • Tennis Victoria Junior pennant and/or pennant grade • Participation in Barwon Region Cup/representative teams • Progress at Barwon Tournament series tournaments • Tennis Geelong Summer/Winter pennant grade <p>16 players are selected. 11 to 18 years old may apply. Age is from 31/12/2017</p> <p>What does it entail? BSA generic membership entitlements</p> <ul style="list-style-type: none"> • A weekly strength and conditioning session (7 per term = 28 per year) - Tennis specific • Musculoskeletal screening • A gym membership to Leisure-link (CoGG) • 3 piece uniform (BSA polo, shorts and t-shirt) • Medical network with discounted rates and priority listing • Education program including nutrition, leadership, goal setting, injury prevention etc • Mentoring program <p>Tennis Victoria funded entitlements 8 x Sunday squad coaching sessions with state appointed coach (Nik Ortika)</p> <p>Tennis specific coaching benefits (additional cost) A weekly squad session (7 per term for 2 terms) - Includes court hire costs</p> <p>Cost \$420 + \$220 for the additional <u>weekly squad sessions</u> (T2 + T3 = 14 x 1.5hr sessions)</p>
Barwon Region Development Squad	<p>Purpose Providing an opportunity to identify enthusiastic young tennis players in the region. The program will introduce these players to competition/representative tennis and the pathway to the higher level. Ages range from 8 - 15years. (Athletes already selected in the BSA program are ineligible).</p> <p>How do I get selected? A trial is held in conjunction with the BSA trials. Prior knowledge of players will be sort via coaches. This date will be set by Tennis Vic and Barwon Region Tennis (late November). Invite to trials sent out via local tennis data base.</p> <p>Selection criteria Multiple ability level squads are selected and catered to.</p> <p>What does it entail? 12 x 2hr Sunday sessions with local coaches led by Mick Mullen and Cameron Govan.</p> <p>Cost \$250 + \$25 Barwon Region polo shirt.</p>
Coaching	<p>Geelong region: Mick Mullen (Waurm Ponds/Colac), Matt Hicks, David Hicks (Indoor), Ry Davies (Leopold), Jordan Drew (Teesdale/All Saints), Jeremy Palmer-Morgan/Raelee Anderson (Highton/Belmont), Simon Keeble (GLTC), Tony Brushfield (Wandana Heights), Cameron Govan (Grovedale), Julie Golightly (Ocean Grove), Peter Huberchek (Torquay), Phil Rich, Olivia Rich (Jan Juc), Len Davis (Colac), Dean Goldsworthy (Lorne/Airies), Mark Hagebols (Clifton Springs), Keith Bone <i>(if any coaches are not on please let Cameron know to add)</i></p> <p>State coach: Nik Ortika</p>
Hot Shots/School Tennis	Local clubs or individual coaches in collaboration with schools

