

TENNIS PROGRAM PHILOSOPHY

1. Barwon Sports Academy Overview

The mission of the Barwon Sports Academy is to identify, support and nurture regional athletes, coaches and families through education, elite training and pathway integration, enabling success in sport and life.

We will achieve this by.

- Delivering leading edge pathway support
- Focus on holistic sport and education growth
- Promotion of behaviours aligned with leadership and success
- Encouraging athlete responsibility and resilience

We are one of six regional academies in Victoria supported by the Victorian Institute of Sport and partner with state sporting associations to provide rich environments for regional athletes to flourish. Each sporting partnerships requires a Program Manager and Head Coach who work with the BSA team to develop and deliver our programs.

2. BSA Values

- **Excellence** - We strive for high standards in everything we do — planning, preparation, delivery, and outcomes. We pursue continuous improvement and hold ourselves accountable to deliver quality experiences for athletes, coaches, and partners
- **Integrity** - We act with honesty, fairness, and respect, always prioritising safety and doing what's right. We foster a culture of trust where decisions are made ethically, transparently, and in the best interests of all involved.
- **Inclusion** - We create a welcoming and caring environment where all people feel valued, respected, and safe. We celebrate equality and diversity and work to remove barriers so everyone can thrive in sport, regardless of background and circumstances.
- **Collaboration** - We work together with our community, clubs, coaches, families, and partners to build a stronger sporting community. Success is

shared and value open, respectful communication and meaningful partnerships.

- **Care** - We are committed, caring, and energised by the positive impact of sport. We nurture enjoyment, friendship, and personal growth.

3. Long term Athlete Development (LTAD) Framework

Tennis Australia, ITF) use LTAD principles:

- **Fundamentals (Ages ~5–10)** – basic skills & coordination.
- **Learn to Train (Ages ~10–13)** – technical foundation & fun competition.
- **Train to Compete (Ages ~13–17)** – tactical and physical refinement.
- **Train to Win (Ages 17+)** – performance optimization

4. The role of tennis program in our region's pathway

The BSA Tennis program is positioned to support 11–16-year-old players in the development stage of their progress. Graduating 17-year-olds will be offered the chance to continue in the squad hitting sessions to continue their tennis progress.

The program will suit talented players already identified within the Tennis Victoria high performance pathway or who ranks highly in the Universal Tennis Rating (UTR) rankings. Younger athletes will be provided with preference if there is a decision to be made in final squad selection.

The BSA recognise both the Tennis Victoria pathway and the Barwon region pathway opportunities in existence. Please see the attached document highlighting these.

Within our offering includes a development program for athletes identified as future BSA athletes, a partnership with a Next Generation program (11-14 yr olds who do not make the BSA squad) and coaches who have squads that the BSA athletes can join post their BSA pathway opportunity.

5. What is the goal of the tennis program?

The goal of the BSA Tennis program is to provide tennis related skills and understandings that can assist players have a chance to reach their full potential. Players may aim to establish themselves in national development squads, graduate to pennant tennis, participate in high level UTR (Universal Tennis Rating) and ITF (International Tennis Federation) tournaments, or apply for USA College scholarships.

6. Key tennis component

We aim to provide a holistic balanced program that includes technical, tactical, physical, mental and lifestyle components. These can consist of.

Technical development – Building and refining stroke mechanics

Tactical development – Improving decision making and game intelligence. This includes match play strategy, patterns of play, adapting to opponents & situational awareness. Point construction and surface specific tactics is also included as is game style development. Identifying strengths and optimizing tactics is also a consideration.

Physical conditioning – A focus on building the body to meet the sports demands. Strength, power, speed and agility, endurance and mobility, flexibility and recovery protocols are focus areas.

7. Holistic education (Sport specific)

- Goal setting
 - Nutrition for competition
 - Injury prevention (Understanding your body, MSK, loads, recovery)
 - Mindset (Psychology involved in tennis)
 - The pathway to USA College tennis
 - Tennis ambassadors sharing insights & Q & A
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8. Selection

Trials will be conducted on the Sunday of the final BSA squad session.
Applications will include name, age, UTR, local coach, club, tournament history and any previous squad experience.

9. Questions please contact

CEO Cameron Loftus cameron@barwonsportsacademy.org.au

“Empowering Barwon’s sporting community to shine on the world stage—sustainably, innovatively, and together.”

GEELONG/BARWON REGION

Zone squads with HP squad coach (17 Years+)
(Pennant or US College possible goals)



BSA Program - 6 x 3 hour coaching (includes sport specific education elements)+ weekly squad hitting with strength and conditioning inclusive + tiered education program



BSA Development Squad - Prepare + fill in for main squad
AJP comps + regional team events



BSA Next Gen (10-14 years) with Matt Hicks & Jake Dunn
AJP comps + regional team events



Clubs + Local Coaches (rich array of choices)

NATIONAL HIGH PERFORMANCE MODEL

National Development Squad (Top 8 in Victoria)
2 squad sessions per week + 1 hr S&C per week (Melb)



National zone squad (U/11 & U/13)
4 girls + 4 boys + 6-8 squad sessions per semester
*No S&C and Education



Super 10s (Metro/city)



Clubs + Local Coaches