

# NTC ACCESS 2024

The NTC has become the training base of choice for many British players over the last couple of years. As we head into 2024, we wanted to take the opportunity to outline how the NTC will continue to operate and the services that are available to you to ensure the NTC works safely, efficiently, and effectively.

*Please note that additional protocols and/or instructions may be provided by the LTA during the year.*

## PLAYER GROUPS

During busier periods we have to prioritise court bookings. We will use player groups to do this and determine what services players can access, as we do have limited resource and need to prioritise some of our services. The player groups are as follows:

<b>ELITE</b>	This is players in the top 100 in singles ATP/WTA and top 30 in doubles ATP/WTA, or players on the WCPP Elite programme.
<b>PRO SCHOLARSHIP PROGRAMME (PSP)</b>	Players on the PSP (inc. Wheelchair).
<b>NTC PRO ACCESS</b>	Players selected due to meeting the relevant criteria (appendix 1) or Players nominated by the HOWPP.
<b>MEN'S AND WOMEN'S PROGRAMME (MWP)</b>	Players who are on the MWP.
<b>NATIONAL AGE GROUP PROGRAMME U16 (NAGP U16)</b>	Players on the NAGP who are U16 receiving scholarship funding. Please note, players in this category can access the NTC up to a maximum of 3 days per week. In exceptional circumstances, additional access may be granted at the discretion of the HOMT/HOWT/LTA National Coach.
<b>PRO POTENTIAL PROGRAMME (PPP)</b>	Players who are on the Wheelchair PPP.
<b>TOP 25 BRITISH RANKING*</b>	Players who are in the Top 25 (GBR) on the ATP/WTA singles ranking.
<b>NOMINATED PLAYERS</b>	Other players, including juniors, as nominated by the HOMT, HOWT and HOWPP*. NTC access may be restricted during peak times and for junior players.
<b>NATIONAL ACADEMY PLAYERS</b>	National Academy Players can access the NTC up to a maximum of 3 days per week. In exceptional circumstances, additional access may be granted at the discretion of the HOMT/HOWT/LTA National Coach.

*From time to time, other players may be invited by HOMT/HOWT/HOWPP/NTC National Coach into the NTC to provide sparring, this may include non-British players. Nominated and Top 25 players will be reviewed every quarter.*

All player groups can make court bookings (subject to any restrictions in place at a given time), access accommodation, a gym and the café discount. There is a priority order for court bookings and accommodation. Accommodation will be charged to all player groups if staying at the NTC whilst competing (therefore earning prize money) but will be free of charge to all player groups if staying here for training or medical/rehab purposes. This is outlined in Appendix 2.

Coaches and support team members working with listed players will also be allowed to stay on site when the player is utilising the NTC and availability allows, please note friends and family are not allowed to stay on site.

### **NTC SPORTS SCIENCE AND SPORTS MEDICINE SERVICES (SSSM):**

The SSSM Services that each player group can access can be found in Appendix 3. This document should be self explanatory and breaks each science and medicine service down by discipline. Please note this is an overview and specific programme support will be individually determined based on individual needs / IDP.

All players that are eligible to access the SSSM services as per appendix 3, must complete an annual medical induction and 1-2-1 with the medical team to initiate the service delivery and access their medical insurance (where applicable). Please contact [Samantha.kirk@lta.org.uk](mailto:Samantha.kirk@lta.org.uk) by **31 January** to arrange this.

Please note for wheelchair players medicals will be arranged with Ajai Seth and there are separate SSSM offerings based on individual needs / IDP.

### **KEY CONTACTS:**

If you have any queries regarding any of the above, the key contacts at the NTC are:

- Court bookings: Colin Beecher ([Colin.Beecher@lta.org.uk](mailto:Colin.Beecher@lta.org.uk)) or Chantal Cunningham ([Chantal.Cunningham@lta.org.uk](mailto:Chantal.Cunningham@lta.org.uk)) (Wheelchair)
- Gym access: Ian Aylward ([ian.aylward@lta.org.uk](mailto:ian.aylward@lta.org.uk))
- Science and Medicine: Samantha Kirk ([Samantha.kirk@lta.org.uk](mailto:Samantha.kirk@lta.org.uk))
- Accommodation: [ntc.accommodation@lta.org.uk](mailto:ntc.accommodation@lta.org.uk)
- Reception: [ntc.reception@lta.org.uk](mailto:ntc.reception@lta.org.uk)
- General queries regarding the policy: Sophie Disley ([Sophie.disley@lta.org.uk](mailto:Sophie.disley@lta.org.uk))

All of the team at the NTC look forward to helping and supporting you in 2024.

## **APPENDIX 1 – SELECTION PROCESS FOR NTC PRO ACCESS**

In order for a player to be selected for NTC Pro Access category they must firstly meet the eligibility criteria and then either achieve Section A or be considered and selected against the factors listed in Section B.

Eligibility Criteria:

- Be eligible to represent Great Britain in the Davis Cup or Billie Jean King Cup; and
- Have been confirmed, in writing, by the ITF to play under the GB flag for a period of at least six months prior to selection.

Section A:

- Be in the Top 250 ATP/WTA singles or 75 ATP/WTA doubles ranking at the point of the selection meeting (likely December 2023 around AO cut off) or
- Move into the Top 250 ATP/WTA singles or 75 ATP/WTA doubles rankings throughout 2024 – this will be assessed quarterly in line with section B.

Section B: The Panel will consider the following elements to determine a player's suitability.

- Ranking trajectory in line with reaching Grand Slam Qualifying Draw (singles) or Main Draw (doubles) within the calendar year
- Recent standout results
- National Coach observations
- Willingness to work collaboratively with LTA / NTC based staff
- Capacity of LTA / NTC based staff to deliver the programme effectively
- Number of remaining places on the NTC Pro Access programme
- If the player has been selected as part of the GB Davis or Billie Jean King Cup teams in the previous 12 months

Where the player meets section A or the Panel deem NTC Pro Access status is suitable for the player (Section B) they will be selected. Selection will also be subject to available funds and resource across all support programmes being available.

The Panel will consist of the Performance Director, the Head of Men's Tennis, the Head of Women's Tennis and the Head of Performance Science and Medicine (or their nominee).

Selections will be done annually, usually in line with the Australian Open cut off – first week of December - for the following year. However, if a player reaches the ranking or selection criteria at some point throughout the year then the Selection Panel may reconvene to go through the selection process, this would likely be at quarterly points (April/July). Once a player is selected, they will remain on the programme until the end of the year (December).

Medical insurance can only be activated at certain points throughout the year. Therefore depending on when a Player is selected (if not at the start of the year) the start date of insurance will be confirmed.

For international based players a condition of NTC Pro Access support is to utilise the NTC as their UK training base and to normally spend a minimum of 8-10 weeks at the NTC per

year. This will be determined on a case by case basis and confirmed by the Head of Men's/Women's Tennis (or their nominee) following selection onto the programme.

## Appendix 2.

When staying at the NTC for training the accommodation will be free of charge to all player groups. When staying at the NTC during competition (therefore earning prize money) accommodation will be chargeable for all groups at £30 per room per night (this can be split if sharing a room).

### NTC ACCESS TABLE (APPLICABLE FROM 1 JANUARY 2024)

Priority Order	Support Type Player Group	Court Bookings	Accommodation <small>(U18's must have overnight supervision)</small>
1	ELITE*	✓	✓
2	<u>PSP</u> , NTC PRO ACCESS**	✓	✓
3	MWP, WC PPP	✓	✓
4	NAGP U16, NATIONAL ACADEMY	✓	✓
5	TOP 25^	✓ ***	✓ ***
6	INVITED PLAYERS & +1 FOR PLAYERS IN THE ABOVE CATEGORIES AND ESSENTIAL LTA PERFORMANCE STAFF, OTHER PERFORMANCE USERS	✓ ***	✓ ***

\*Elite – ATP / WTA Top 100 singles or Top 30 doubles; WCPP Elite Programme

\*\*NTC Pro Access - ATP / WTA 250 singles or 75 doubles and as selected

^ Based on ATP/WTA rankings. This list will be updated on the first ranking of every quarter.

\*\*\*In line with the maximum bookings in the table above.

**APPE NDIX 3. GREEN = ACCESS AMBER = LIMITED & CASE BY CASE ACCESS RED = NO ACCESS**

NTC Practitioner Support		Elite - T100s I 30d	PSP	PSP	NTC Pro Access - T250s I T75d	NTC Pro Access - T250s I T75d	MWP	MWP	NAGP U16	T25
Specific programme support dependent on IDP / player prioritised goals*		1	Delivered (S&C+Physio)	Supported****	Delivered (S&C+Physio)	Supported****	Delivered (S&C + Physio)	Supported****	5	6
Priority Level			2	2	3	3	4	4		
MEDICAL CARE	Medical Insurance (required to gain access to medical support*)									
	NTC Dr assessment + advice + referral + signposting									
	Dr ongoing clinical care (reviews)					Case by case*		Case by case*		
PHYSIOTHERAPY	NTC Physiotherapy assessment, screening + report + signposting									
	Physiotherapy clinical care (treatment)			Case by case*		Case by case*		Case by case*		
	Physiotherapy Long Term Rehab Programming / Delivery At NTC			Case by case*		Case by case*		Case by case*		
	Soft tissue therapy	Up to 3 x 30 mins p/w	Up to 3 x 30 mins p/w	Up to 3 x 30 mins p/w	Up to 3 x 30 mins p/w	Up to 3 x 30 mins p/w	Up to 2 x 30 mins p/w	Up to 2 x 30 mins p/w		
	On the road physio support	Grass season only	Grass season / case by case	Grass season only	Grass season only	Grass season only	Grass season only	Grass season only		
Acute Injury Treatment at NTC								With signposting	With signposting	
PHYSICAL PREPARATION	NTC Assessment - Physical Performance Testing & Report									Case by case*
	S&C Programme			Case Management & Support		Case Management & Support		Case Management & Support	Case Management & Support	
	S&C Coaching (NTC)			Support coaching where available		Support coaching where available		Support coaching where available		
	S&C Rehab Programming / Delivery			Case by Case		Case by Case		Case by Case		
S&C on the road support	If S&C are at same venue	Case by case	If S&C are at same venue	If S&C are at same venue	If S&C are at same venue	If S&C are at same venue	If S&C are at same venue			
NUTRITION	NTC assessment / screening + report				Case by case*	Case by case*			Case by case*	
	NTC + remote (video consultations, food diaries, problem solving)				Limited & case by case	Limited & case by case				
	Nutrition products									
PERFORMANCE ANALYSIS	Game Development projects including specific player match reports / video.	Case by case, where the player provides hawkeye data.	IDP +/- coach driven.	IDP +/- coach driven.	Limited & case by case (agreement by Head of Tennis)	Limited & case by case (agreement by Head of Tennis)	LTA coach driven	LTA coach driven	LTA coach driven	
	Tournament support: opponent analysis / scouting & coach support	Case by case (based on engagement and LTA capacity)	Dartfish access, plus Grand Slam support	Dartfish access, plus Grand Slam support	Dartfish access plus Grand Slam support (if requested)	Dartfish access plus Grand Slam support (if requested)	dartfish access	dartfish access	dartfish access	
PSYCHOLOGY & WELLBEING	Well-being: monthly opportunity for player/coach to bring concerns to MDT for discussion									
	Detailed assessment: coach, player, parent, core team (required to gain access to support*)	required for support	required for support	required for support	Case by case*	Case by case*	required for support	required for support		
	Clinical assessment (BUPA driven)									
	Direct 1:1 player support: performance psychology	Case by case*			Case by case*	Case by case*				
	Direct 1:1 player support: clinical (BUPA driven with CMO referral if needed)	Case by case*			Case by case*	Case by case*				
	Support for players' team	Case by case*			Case by case*	Case by case*				
Performance Lifestyle Practitioner Support								Case by case*	Online resource support & signposting	
Direct support on the road	Grass Season Only	Grass Season Only	Grass Season Only	Grass Season Only	Grass Season Only	Grass Season Only	Grass Season Only			
FACILITIES & EQUIPMENT	Base coach and sparring partners				Case by case	Case by case	Case by case	Case by case		
	NTC food	30% subsidised	30% subsidised	30% subsidised	30% subsidised	30% subsidised	30% subsidised	30% subsidised	30% subsidised	30% subsidised
	Performance gym:								Colleague Gym access*	Colleague Gym access
	Performance changing room									
Players recovery and nutrition lounge										

\*\*\*\* = Either S&C or Physio or neither delivered by LTA

\*Case by case – priority will be based upon availability of LTA practitioners and whether players are working with non-LTA practitioners as their primary care provider. For those players who are working with a non-LTA practitioner they should be the first and main point of contact ahead of LTA staff. ^U18's must be supervised in the gym at all times