

SPORTS SCIENCE & MEDICINE

S&C | Dr | Physio | Analysis | Nutrition | Performance Lifestyle | Psychology

Effective support = **aligned & collaborative**, working in an integrated way with you & your coach. This requires frequent & consistent time with you throughout the year.

Effective support will:

- **Develop & empower** you to be the most resilient, well prepared & athletic tennis player possible
- Give you the knowledge & skills to make effective decisions & take a progressively greater leadership role as you transition to the top 100

Once selected onto PSP & MWP you have a clear choice: **Delivered Support** or **Governed Support**:

- Both programmes have a clear structure & also a clear set of responsibilities
- Both programmes include BUPA private insurance, BAC membership, Player App & tech
- You will be asked to commit for one season (unless there is a clear need to change)

1. DELIVERED SUPPORT

The LTA team are responsible for your health & physical development

Your normal training base is the NTC

Specific support is based on your IDP & quarterly review process. It will involve:

- ✓ *Strength & conditioning (S&C)*
- ✓ *Medical support (Dr)*
- ✓ *Physiotherapy*
- ✓ *Intensive rehab for significant injuries*
- ✓ *Nutrition*
- ✓ *Analysis*
- ✓ *Performance Lifestyle / mental health advice and support*
- ✓ *Targeted Psychology*

Daily support available at the NTC:

- Physiotherapy check-in, assessments
- S&C training: in gym & on-court
- Intensive training blocks
- On-court monitoring and observations
- Recovery programmes
- Access to information & support

On the Road Support

- LTA will provide a minimum of 12 weeks on the road through the year
- On the road support is not be limited to S+C but will also include practitioners identified through your planning process & IDP
- You will be assigned a Lead S&C coach, but there may be weeks that another member of the S&C team will deliver your on the road support
- Support is adjusted through the year through detailed monitoring and regular reviews

*There will be a fixed contribution taken from your grant**

2. GOVERNED SUPPORT

You have independently led & delivered:

- ✓ *Strength & conditioning (programming, base support, on the road support, preseason delivery)*
- ✓ *Physiotherapy (treatment, maintenance, injury prevention, on the road support)*

Your normal training base is not the NTC

- Your team are responsible for your health & physical development
- They will be expected to have sufficient time to work in an integrated manner with you and your coach:
 - Minimum 3 days a week S&C & Physio at your training base (or more as identified in your IDP) supporting you on & off court and working in tandem with your tennis coach
 - 8-12 weeks on the road support (or more as identified in your IDP)
 - Dedicated preseason & in-season intensive training block delivery
- They are required to:
 - Use the training & monitoring equipment & player software provided by the LTA
 - Provide evidence-based feedback regarding your programme & progress on a quarterly basis ahead of reviews

*An agreed proportion of your grant will be ring fenced for SS/SM support**

The LTA are responsible for ensuring your team are appropriately qualified, skilled & work with you in the right manner to achieve your goals. This will be done through the planning process & through quarterly reviews. Please note that funding will be withheld if practitioners do not meet qualifications or availability requirements*

LTA **can** provide the following support to your programme:

- ✓ *Medical advice (Dr)*
- ✓ *Intensive rehab for significant injuries (fully delivered in-house physiotherapy & S+C)*
- ✓ *Nutrition*
- ✓ *Analysis*
- ✓ *Performance lifestyle / mental health advice and support*
- ✓ *Targeted Psychology*

This will be dependent on whether IDP highlights this as a priority or on a needs basis & also compliance with a clear set of expectations set out by the practitioners

You can also access the NTC for:

- ✓ *S&C coaching (of your own programme where practitioners are available)*
- ✓ *Physiotherapy review (by appointment with referral from your normal Physiotherapist)*

We do not resource practitioners to travel with you. If LTA staff are in the same place as you when you are abroad & time allows they will aim to help you in the same way as at NTC*

YOUR COMMITMENTS

1. Comply with LTA code of conduct & be a positive role model for the sport
2. Agree with us an individual development plan (IDP) and yearly schedule, aligned to deliver your goals
3. Consistently use the Player App & wearable equipment to monitor your health & fitness
4. Complete 3x yearly NTC physical profiling & review (approximately November, March, August)
5. Present to the NTC for medical assessment if requested by the LTA Team
6. Comply with mandatory medical screenings (CRY), anti-doping & anti-corruption education
7. Collaborate fully & communicate consistently with the LTA

Your SS/SM support (LTA or external) is responsible & accountable for:

- Providing evidence-based feedback regarding your programme & progress on a quarterly basis ahead of reviews

Failure to meet the minimum expectations set out above may result in SS/SM support & PSP grant funding being withheld