SPORTS SCIENCE & MEDICINE

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

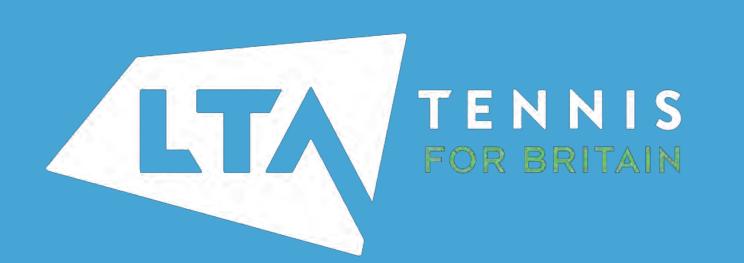
Effective support = **aligned** & **collaborative**, working in an integrated way with you & your coach. This requires frequent & consistent time with you throughout the year.

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)



CHOICES BUT NO COMPROMISES

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:

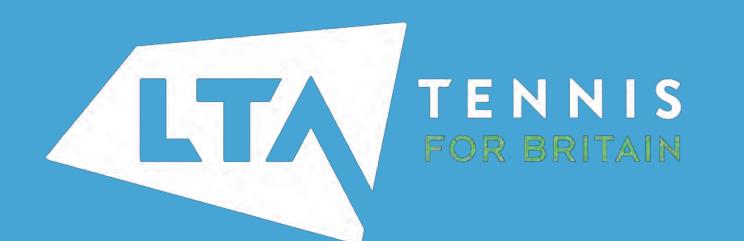
- ✓ Strength & conditioning (S&C)
- ✓ Medical support (Dr)
- ✓ Physiotherapy
- Intensive rehab for significant injuries
- Nutrition
- ✓ Analysis
- ✓ Performance Lifestyle / mental health advice and support
- ✓ Targeted Psychology

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:

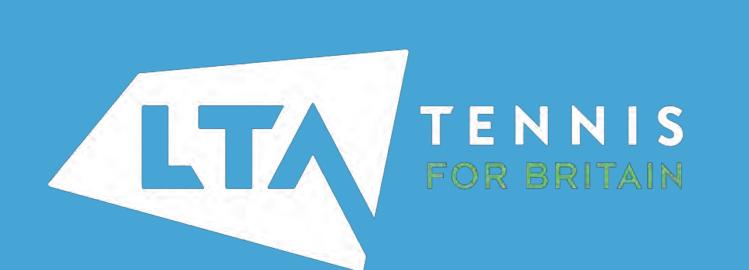
- ✓ Medical advice (Dr)
- ✓ Intensive rehab for significant injuries (fully delivered in-house physiotherapy & S+C)
- Nutrition
- Analysis
- ✓ Performance lifestyle / mental health advice and support
- Targeted Psychology

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

