

## WHEELCHAIR TENNIS FAQs

### 1. What does the LTA do?

The LTA is the National Governing Body for tennis in Great Britain, Channel Islands, and Isle of Man. We are here to govern and grow tennis, from grassroots participation through to the professional game. We play an important part in ensuring the popularity and future of our sport. Our vision is Tennis Opened Up; we're working towards where tennis is truly a sport for all.

### 2. How can I get involved in playing Wheelchair Tennis?

We support many tennis venues across Great Britain that deliver disability specific and/ or inclusive sessions. If you want to give Wheelchair Tennis a go, but can't find your nearest venue, please email [disabilitytennis@lta.org.uk](mailto:disabilitytennis@lta.org.uk).

### 3. Do I need to be a wheelchair user to play Wheelchair Tennis?

**No.** Anyone with a physical impairment can play Wheelchair Tennis. Many players who play Wheelchair Tennis do not use day chairs.

### 4. What are the benefits to playing Wheelchair Tennis?

One of the best things about Wheelchair Tennis is that you can play with other disabled people who have a similar impairment and with non-disabled people. Additionally, Wheelchair Tennis has shown to improve physical, social, and mental wellbeing.

### 5. Are there different divisions of Wheelchair Tennis based on level of physical impairment?

**Yes.** Wheelchair Tennis has two divisions:

**Open Division:** players have a permanent, substantial, or total loss of function in one or both legs. They do not however have impaired upper body function.

**Quad Division:** players with a permanent physical disability that results in a substantial loss of movement in one or both of their legs along with one or both of their arms.

### 6. Will tennis venues provide equipment for me to use?

**Yes.** All Wheelchair Tennis delivery venues will have the appropriate equipment for you to use (inc. sports wheelchairs and rackets). If you would like to know where your nearest venue is, please email [disabilitytennis@lta.org.uk](mailto:disabilitytennis@lta.org.uk).

### 7. If I don't have my own equipment, such as: racket and wheelchair, can I buy these?

**Yes.** You can buy rackets from any tennis brand and a sports wheelchair from any specialised manufacturer. The LTA Wheelchair Performance and/ or Disability Development Team can provide guidance on appropriate equipment.

## 8. What is the LTA's Open Court Programme?

Led by our Disability Development Team, Open Court is a national scheme that actively promotes and delivers opportunities for disabled people to get involved in tennis. Open Court is partnered with and jointly funded by Sport England and provides disability specific sessions – including learning disability tennis, wheelchair tennis, visually impaired tennis, and deaf tennis. Open Court is also expanding into other long-term health conditions such as mental health and dementia.

## 9. What does the LTA's Wheelchair Performance Pathways Team do?

The LTA Wheelchair Performance Pathways Team is directly responsible for the Wheelchair Performance Pathway, supporting selected players achieve Major Event success, including Grand Slam titles, ITF Tournament titles, World Team Cup titles and Paralympic medals. The Wheelchair Performance Pathways supports all ages from Juniors to Seniors.

The level of support players receive is based upon the relevant age and stage they are at and may include and not limited to: coaching, strength and conditioning, psychological support, nutritional guidance, and sports science & medicine.

## 10. How can I get onto the LTA Wheelchair Performance Pathway?

The first opportunity is to attend one of the LTA's Wheelchair Tennis Initiative days. To find out when the next Wheelchair Tennis Initiative is taking place and for further information, please click [here](#) or email [disabilitytennis@lta.org.uk](mailto:disabilitytennis@lta.org.uk).

## 11. If I get selected onto the Wheelchair Performance Pathway, what happens next?

You will be contacted by a member of the Wheelchair Performance Pathways Team to arrange a discussion about next steps. This discussion may include outlining the level of support you will receive, along with an Individual Development Plan (IDP) as agreed between the LTA and yourself.

## 12. What if I don't get selected onto the Wheelchair Performance Pathway but I still really want to play Wheelchair Tennis, what should I do?

You can still learn to play Wheelchair Tennis and perform to a high standard. The Wheelchair Performance Pathways Team has a fantastic relationship with our Disability Development Team where we will work together to provide the best offer for you to develop as an individual. Your development may lead to you entering the Wheelchair Performance Pathway later in your tennis development.

## 13. I can't attend a Wheelchair Tennis Initiative but aspire to be a Wheelchair Performance Pathway player, how can I be seen by the LTA?

If you aspire to be a Wheelchair Tennis Champion and feel you have what it takes to enter our Wheelchair Performance Pathway, please contact the LTA directly via email: [disabilitytennis@lta.org.uk](mailto:disabilitytennis@lta.org.uk).

## 14. How can I start playing competitions?

You can start playing competitions straight away. The LTA runs domestic competitions throughout the year and across Great Britain. If you are interested in competing, please visit [the LTA Disability Competitions](#) page or email [disabilitycompetitions@lta.org.uk](mailto:disabilitycompetitions@lta.org.uk).

15. Do you run separate junior and adult Wheelchair Tennis Competitions?

Yes.

16. How can I compete internationally in Wheelchair Tennis?

To compete internationally you will need to be classified into the sport. The classification will determine whether you compete in the Open Division (Men's and Women's) or Quad Division (Mixed).

We have been advised that anyone looking to be classified within the sport should email the International Tennis Federation (ITF) directly at [wchclassification@itftennis.com](mailto:wchclassification@itftennis.com). For more information on Wheelchair Tennis Classification, please click [here](#).

Any questions that are not listed above, please contact the LTA at [disabilitytennis@lta.org.uk](mailto:disabilitytennis@lta.org.uk) or by completing the [online query form](#).