

Female Performance Coach Engagement Programme

2026 Application Form

Research has shown that only 16% of performance coaches currently working on the LTA performance player pathway are female. Built upon the work over the last few years engaging with this group of coaches and from what we have learnt, this programme seeks to attract, support and retain female performance coaches and aspiring female performance coaches, in order to improve and stabilise the representation of female coaches across all stages of the player pathway.

This bespoke performance programme has been designed to engage female coaches through tailored support from specialised mentors and coaches, creating opportunities and exposure to the LTA player pathway. Coaches will connect through performance focused workshops, on and off court, where they can share ideas and discuss best practice, whilst establishing a future network of support.

The programme is for passionate and committed female coaches, who are looking to progress in performance coaching. Coaches do not need to already be working in performance coaching but must be able to demonstrate how they are actively pursuing it.

Off-court sessions will involve coaches taking the time to reflect on their journeys and explore their coaching identity and philosophy. On-court sessions will vary based upon the cohort's feedback; the more coaches are able to share, the more the programme can be shaped around them.

The two pre-requisites for this programme are:

- Minimum of Level 3 qualified (or working towards it)
- Holding valid Coach Accreditation and working towards Accreditation+

Programme dates:

Activity	Date	Time
Programme Introduction Call	Thursday 18 th December 2025	10:00 – 11:00
Workshop 1	Tuesday 20 th January 2026	10:00 – 18:00
Workshop 2	Tuesday 21 st April 2026	10:00 – 18:00
Workshop 3	Tuesday 28 th July 2026	10:00 – 18:00
Workshop 4	Tuesday 3 rd November 2026	10:00 – 18:00
Programme Conclusion	Tuesday 3 rd November 2026	Evening

Please **download** and fill in the application form below **in full**. Please ensure your application form is saved and titled with your name at the start: e.g. *Jo Bloggs FPCEP Application*.

Return it to: performancecoachsupport@lta.org.uk.

Applications close **Sunday 5th October 2025**.

Personal Details

Please do not leave any fields blank.

First Name	Last Name	Coach Code	Email	Contact Number

Venue and Role

What role do you have in your venue and how many hours do you work delivering coaching?

Please specify for each age and stage of player/s you work with.

Venue	Region	Role	No. of hours you coach	Age/Stage of Players

If you currently coach/have previously coached any Performance players, please provide their names below.

Player Name	Age and Stage when you worked with them	When worked with you (enter the dates e.g. the years)	Key achievements and year of achievements

Current Situation

Please fill in the below by selecting which of the options best describes your current situation.

Please indicate with an "x" in the appropriate boxes.

Aspiring to work in Performance Coaching part-time	Aspiring to work in Performance Coaching full-time	Currently working in Performance Coaching part-time	Currently working in Performance Coaching full-time

Future Aspirations

What stage of the pathway would you predominantly be interested in working?

Please think about your ideals, where would you be interested in working if there were no barriers or other factors you may have experienced, or feel exist, that are holding you back.

Please indicate in the boxes whether it's a **short** or **long** term aspiration (multiple answers welcome).

Regional Performance (7-10 yrs)	National Performance (10-14 yrs)	Junior International (14-18 yrs)	Pro Transition (18-24 yrs)	Pro (24+ yrs)

Coaching Qualification Details

Please do not leave any fields blank.

Current Qualification Level	Awarding Body	Date Passed

Coach Accreditation

Accredited +	Accredited	Not Accredited

Playing Level

Please fill in all the boxes below that are relevant to your playing level.

If you competed, please indicate at which level and if you did not compete, please indicate if you have a play test grade or rating and what this is.

Highest ever WTA ranking (singles)	Highest ever WTA ranking (doubles)	Competed at University (Y/N)	Competed at National Level (Y/N)	Competed at County Level (Y/N)	Highest ever rating/WTN	Play Test Grade (1/2/3) or Senior Coach Readiness Test (SCRT)	Didn't Compete (mark with an 'x')

Did you ever train in a performance programme?

YES (Please detail below)	NO

Motivation to join the programme

Personal Statement Video

Please provide a personal statement of you talking to the camera. This should include **why you are applying for this programme and how you feel it will benefit you and your career**. We recommend you upload it as an 'unlisted video' on YouTube. Your video should be no longer than 3 minutes.

For a simple guide on how to upload videos to YouTube, please follow the link [here](#).

URL:

Please describe how you have been pursuing a career in performance coaching, including any options and opportunities you have explored and if applicable, any barriers you feel you have experienced.

Within a coaching context, please give an example of a time when you worked with a variety of individuals in order to achieve a shared goal.

Within a coaching context, please give an example of a time where a new situation presented itself and how you navigated it.

Excluding traditional CPD (i.e. qualifications, courses etc.) can you explain how you pursue your own self-development?

Experiences

Will you commit to all quarterly workshops and celebration evening?

Please note these will be predominantly face-to-face at the NTC.

Please indicate with an "x" in the appropriate box.

Yes	No

Are you willing to travel to other venues, tournaments and sports (linked to your PDP)?

Please indicate with an "x" in the appropriate box.

Yes	No

Are you willing to have a National Coach work with you on-court?

Please indicate with an "x" in the appropriate box.

Yes	No

Would you be willing to move into an existing Performance programme? (If not already fully involved with one).

Please indicate with an "x" in the appropriate box.

Yes	No

If you answered **No** to any of the above questions, please could you elaborate below.

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References

Please provide the details of at least one referee we can contact who endorses your application. If the one referee cannot confirm the information in your application, please provide a second. Your referee will ideally be your current line manager (could be previous manager), your County Lead, someone working within the Performance Player Pathway, or a coach that you work/have worked with.

Name	Relationship to applicant	Phone Number	Email

Thank you for taking the time to apply. We will be in touch via email by the end of October.

Performance Coach Education & Development team