

LTA Sports Science and Medicine Support

This document sets out the support available from the LTA Sports Science and Medicine (SS/SM) Team to players who have a funding agreement with the LTA which includes such support. Provision of all services is based on a detailed needs analysis and each element is at the absolute discretion of the Head of Science and Medicine.

Medicine

- National Tennis Centre (NTC)-based specialist doctor and physiotherapy support, including clinical assessment, design and delivery of rehabilitation / return to play programme and, where indicated, referral for imaging and specialist opinion.
- Provision of an individualised injury prevention plan, based on injury history and clinical assessment.
- Provision of an individualised preparation and recovery plan.
- Targeted remote support to advise, educate and risk assure provision of physiotherapy.
- Inclusion on the BOA private medical insurance scheme.
- Access to physiotherapy support through email / phone conversation when you are travelling.
- Targeted remote medical support at Grand Slam / Junior Grand Slam events.

Strength and Conditioning

- Delivery of bespoke NTC-based athletic testing, physical development, training and reconditioning programmes.
- Targeted support to advise, educate and risk assure provision of S+C.
- Provision of a full S+C programme based on individual needs and testing results for remote use whilst travelling.
- Access to S+C advice through email / phone conversations to discuss and troubleshoot your programme whilst you are travelling.

Nutrition

- NTC-based consultation and prescription of a personalised nutritional plan/strategy to support development (growth), minimise illness and maximise training capacity.
- Review of your normal eating environments (school, home and tennis centre). Troubleshooting each environment with ongoing education on how to eat healthy in challenging environments.
- Remote access to our Nutrition Team for advice and resources whilst travelling.

- Support with selection and in some instances funding of appropriate nutritional products (a detailed nutritional assessment is required before provision of any supplements/nutritional products).

Analysis

- NTC-based analysis of your game and tactical planning in conjunction with your coach and LTA coach.
- Targeted remote support based on individual needs and objectives.
- Access to historical data and video feedback (subject to having the necessary consents).
- Access to database of top male and female tennis player information, including video data (subject to having the necessary consents).

Monitoring and Science Support

- An individualised monitoring App accessible on your phone to allow you, your team and your SS/SM Team to monitor your physical and psychological health, training and competitive load.
- The App will also house all individualised plans and educational content for easy referral whilst travelling.
- Provision of a dedicated SS/SM Team Case Manager to stay in frequent contact with you whilst travelling.

Performance Lifestyle Support

- NTC-based consultation and wellbeing profiling.
- NTC-based de-brief and 'check in' on return from tournaments.
- Access to advice and support through email/phone/Skype whilst travelling for yourself, your coaching team and your parents. Where indicated this may also include referral for Sports psychology support.

Racket Support and Education

- NTC-based access to Master Pro Tour Stringer for evaluation and education in racket, strings and grip choices.
- NTC-based racket matching and customising advice and service.
- Access to advice by phone/email whilst travelling.
- Guidance for getting the best service from tournament stringing services.

In order to have access to the support set out above, you must comply with the below.

1. Present to the NTC at a minimum of 2 agreed times during your season to undergo a science and medicine review and an individualised planning meeting. The content of these days will include physical testing, movement assessments, medical screening and a nutritional review and assessment. The information generated will be used to identify performance gaps to prioritise and better direct your programme of support.
2. Commit to 8-12 weeks of physical development per season (the exact time based on individual needs analysis), either at the NTC or your preferred training base. This should be compromised of 1 significant preseason block, with two further shorter blocks of targeted physical development.
3. Present to the NTC for medical assessment if requested by the LTA Medical Team. This will be to review injuries, medical issues affecting performance and/or any escalating symptoms..
4. Consistently update your individualised monitoring system in conjunction with your coach and team.
5. Notify the LTA medical staff (or your individual Case Manager) as soon as is reasonably possible should you become injured or ill when training or in competition. The LTA medical staff should also be consulted prior to commencing any medical procedure or treatment where reasonably possible.
6. The LTA SS/SM Team will present a suggested course of action in relation to any injury or recovery programme, including full provision of rehabilitation. The LTA acknowledges that this does not preclude you from consulting medical professionals or receiving treatment outside the NTC. If you intend to seek an external medical opinion or second opinion, please inform the SS/SM Team of this and ensure the practitioner in question (either directly or via you or your parent) communicates in an appropriate manner, maintaining best practice and full transparency at all times.

You must, in the LTA's opinion, continue at all times to show the level of commitment, professionalism and progression which the LTA expects.