

NATIONAL TENNIS ACADEMY

THE TRAINING GROUND
OF CHAMPIONS




tennis

WELCOME TO THE NTA

The National Tennis Academy (NTA) is the pinnacle of the Tennis Australia talent development pathway. Our aim is to develop aspiring players into successful professionals.

An invitation to join the NTA is reserved only for the most promising athletes from across our country. Players, offered the chance to join the academy, must demonstrate the potential to break into the world's elite top 100, as well as exhibit the values of our great Australian champions from Rod Laver to Evonne Goolagong Cawley.

Since the launch of the NTA in 2020, many athletes have already achieved remarkable results on the world stage. This includes Max Purcell and Rinky Hijikata, who have both broken into the world's top 100 in singles and won Grand Slam doubles titles.

These performances highlight that the NTA is succeeding in its vision to develop Grand Slam champions and speaks volumes of the world-class and dedicated team working hard to help our developing athletes perform at their best.

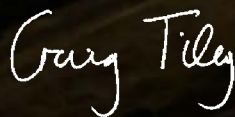
Under the outstanding leadership of Chris Mahony (NTA Head) and Brent Larkham (Head Coach), all NTA athletes have access to a vast range of resources and support to reach their full potential.

A team-based approach is at the heart of this process, with the Tennis Australia Performance team led by Tim Jolley (Chief Performance Officer) and Paul Kilderry (Director of Professional Tennis) also working closely with private coaches across the country.

Holistic development is equally important. Wellbeing and tailored academic programs ensure the NTA develops exceptional people, as well as tennis players.

Our commitment is to ensure that all athletes who enter our academy emerge as independent and resilient professionals, with a broad set of skills and capabilities that give them every chance of success on and off the court.

Play well!



CRAIG TILEY
TENNIS AUSTRALIA CEO



‘OUR COMMITMENT IS TO ENSURE THAT ALL ATHLETES WHO ENTER OUR ACADEMY EMERGE AS INDEPENDENT AND RESILIENT PROFESSIONALS WITH A BROAD SET OF SKILLS AND CAPABILITIES’

CRAIG TILEY, TENNIS AUSTRALIA CEO

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WHAT WE STAND FOR

Our vision, values and philosophy are a reaffirmation of Australia's long-standing tradition of excellence and respect as one of the world's leading tennis nations.

WHAT WE STAND FOR

OUR NTA VISION

To be recognised as the world's premier academy for developing future Grand Slam champions and top-50 players

OUR NTA MISSION STATEMENT

To develop resilient, independent, professional athletes who transition into the top 100 by 23 years of age

OUR NTA GUIDING PRINCIPLES

Competitive
Coachable
Committed



ORGANISATIONAL VALUES

COLLABORATION

Work together within our cross-functional team of experts at the NTA

Include the athletes' private coaches on the journey

Foster teamwork and comradery amongst our athletes

HUMILITY

Put the athletes first

Play hard but fair

Develop the individual inside the athlete

EXCELLENCE

Set the highest standards

Measure our performance

Embrace a growth mindset

IMAGINATION

Develop creative solutions to teaching

Make high performance playful and fun

Embrace the individual within the team

**'OUR VALUES
UNDERPIN
EVERYTHING
THAT WE WILL
DO AT THE NTA'**

**BRENT LARKHAM,
NTA HEAD COACH**

WHAT WE STAND FOR

OUR COACHING PHILOSOPHY

Ensuring **technical excellence** whilst harnessing each athlete's unique style

Developing **tactical understanding** and a tailored game plan

Enhancing each **athlete's physical capabilities** and building strong, resilient bodies that can meet the demands of the tour

Embracing **performance psychology** to enable athletes to perform under pressure

Developing the **character and wellbeing** of athletes to enable them to thrive in their professional and personal lives



‘OUR APPROACH IS TO DEVELOP THE WHOLE ATHLETE’

**CHRIS MAHONY,
HEAD OF NTA**

WHO WE ARE

We are a team of experts that range across multiple disciplines, from tennis coaching to sports science and sports medicine, to wellbeing and education.

Our coaching team has a proven track record of developing Grand Slam champions and top-100 players.

PROGRAM HEADS



NICOLE KRIZ
NTA DIRECTOR

- TA National Lead - Tours, Camps, College & Wellbeing 2023
- TA National Tennis Academy coach 2021-2022
- TA Women's Pro Tour coach 2018-2020
- National Academy NSW coach 2016-2018
- Australian Tennis Awards finalist in 2017 for High Performance Coach of the Year
- Australian Junior Billie Jean King Cup coach 2017
- Head Coach Newington College, NSW 2011-2016
- Managing Director, New Balls Please 2011-2016
- Coached Destanee Aiava and Priscilla Hon
- TA High Performance Coach
- Completing Bachelor of Psychology (Honours)



BRENT LARKHAM
NTA HEAD COACH

- Head of Sport Radford College, ACT 2017-2020
- Head Coach National Academy QLD 2013-2016
- Head Coach AIS 2006-2012
- Personal coach of ATP Tour players Wayne Arthurs, Richard Fromberg, Todd Larkham, Paul Hanley and Andrew Kratzmann between 1996-2005
- Career-high ATP ranking 109
- Reached Australian Open third round
- TA High Performance Coach



PROGRAM LEADS



MICHAEL LLOYD
NATIONAL PSYCHOLOGY
MANAGER

- Doctor of Psychology (Sport & Exercise)
- Former Lead and Men's & Women's Team Psychologist for Cricket Australia
- Former Senior Psychologist at the Australian Institute of Sport
- Sport Psychology Consultant for the Australian Sports Commission and Queensland Academy of Sport
- 2022 Australian Psychological Society, College of Sport & Exercise Psychology – Award of Distinction



ALISTAIR MURPHY
APPLIED SCIENCE
MANAGER

- PhD in sport science, focusing on high performance preparation in tennis athletes 2011-2014
- TA National Academy Manager – Adelaide 2015-2017
- TA Physical Performance Coach across Melbourne, Adelaide and Sydney National Academies since 2011
- TA Lead Wheelchair Physical Performance Coach 2017-2020
- TA National Performance Wellbeing Ambassador 2017-present
- ASCA Professional, Level 2 Strength and Conditioning qualified coach
- Level 1 Australian Weightlifting Federation



KEVIN SIMS
NATIONAL
PHYSIOTHERAPIST
MANAGER

- 17 years with Cricket Australia as Lead Physio from 2015-2020
- Provided physiotherapy services and workload guidance to all levels of men's and women's teams (national and state) including Test match tours, International One-day series, T20 and age-group World Cups, touring extensively internationally
- Senior Physio at Queensland Sports Medicine Centre
- Over 30 years of experience treating athletes across multiple high-performance sports including cricket, rugby union, soccer, cycling, touch football, hockey
- Specialist musculoskeletal physiotherapist
- PhD, Masters, and Diploma in Physiotherapy



DIRK SPITS
NATIONAL PHYSICAL
DEVELOPMENT MANAGER

- Bachelor of Education (Double Major in Physical Education & Health Education)
- Registered High Performance Manager
- Mental Health First Aider
- Exercise Physiologist/Sports Scientist (Musculoskeletal Rehabilitation & Sports Science)
- Strength and Conditioning Coach
- He has worked in several of Australia's leading sporting organisations including:
 - Brisbane Lions
 - Tennis Australia National Academy - QLD
 - Australian Diamonds Netball
 - Queensland Firebirds
 - Queensland Reds
 - Australian Rugby Union
 - Queensland Academy of Sport

PROGRAM LEADS



RENAE WOODS DEAN OF STUDENTS

- Three years experience with the NTA
- Twenty plus years experience in teaching, pastoral care and academic/co-curricular leadership
- Masters of Educational Studies in Mathematics
- Bachelor of Education (Sciences)



THE TEAM

SPORTS SCIENCE

- Sports Physician:** Sharon Stay
Sports Dietician: Sally Anderson
Physiotherapist: Sara Guevara
Wellbeing Manager: Ben Robertson
Massage Therapist: Katrina Lytras

APPLIED SCIENCE

Analyst: Thomas Perri

OPERATIONS

Co-ordinator: Courtney Haynes

PHYSICAL PERFORMANCE TEAM



MATT HAYES PHYSICAL PERFORMANCE COACH

- NTA Physical Performance Coach 2021-present
- Brisbane National Academy Physical Performance Coach 2015-2021
- Travelled as Ash Barty's physical performance coach in 2021
- ASCA PCAS Level 2 Professional Coach
- Bachelor of Exercise and Sport Science (Honours) 2011-2015



TOM MABON PHYSICAL PERFORMANCE COACH

- Inaugural NTA Men's Physical Performance Coach 2020-current
- Pro-Touring Men's Physical Performance Coach (2019-2020)
- South Australian NA Physical Performance Coach (2015-2019)
- Worked with Thanasi Kokkinakis, John Millman, Alex de Minaur and Alex Bolt
- ASCA Level 2 / PCAS Professional Strength & Conditioning Coach
- Masters of Exercise Science (Strength & Conditioning), ECU (2014-2015)
- Bachelor of Exercise Science (Honours), CSU (2007-2010)



COACHES - MALE ATHLETES



WAYNE ARTHURS

- TA High Performance coach
- NA coach Melbourne (2010-2015)
- NA coach Brisbane (2016-2020)
- Australian Davis Cup member 1999-2006
- Australian Davis Cup winner 1999, 2003
- Personal coach James Duckworth 2021-22
- Australian Olympic team member 2004



MAVERICK BANES

- Currently completing TA High Performance coaching course
- NTA hitting partner 2021-2023



MARK DRAPER

- TA High Performance Coach
- Australian Tennis Awards High Performance Coach of the Year 2015 finalist
- Australian Olympic men's team coach 2016
- National Academy Queensland coach 2017-2020
- TA Pro Tour coach for John Millman and James Duckworth 2015-2017
- Personal coach of Scott Draper, Peter Luczak and Stephen Huss between 2003-2006
- Australian Junior Davis Cup team coach 2013, 2018



COLIN EBELTHITE

- High Performance Coaching Qualification 2016
- Talent Operations Manager SA 2021-2022
- Pro Tour Travelling Coach (TA Women's program) 2017-2020
- SA State and Regional Development Coach 2014-2017

COACHES - MALE ATHLETES



ANDREW ROBERTS

- TA High Performance Coach
- National Tennis Academy Coach 2020-present
- Head Coach National Academy WA 2014-2020
- Australian Billie Jean King Cup team assistant coach 2014-2020



GAVIN VAN PEPERZEEL

- NTA Coach 2023-present
- NTA Performance Development Coach 2021-2022
- Director, Brisbane Institute of Tennis 2020-2021
- National Academy QLD Coach 2018-2020
- Career-high ATP singles ranking of 251
- TA Next-Generation High Performance Coach
- Level 1 ASCA Strength & Conditioning



COACHES - FEMALE ATHLETES



CODIE GEORGE

- TA High Performance Coach
- TA Talent Operations Manager 2020-2021
- TSA State Squad Coach 2017-20



BRETT HUNTER

- TA High Performance Coach
- TA Pro Tour coach for Kim Birrell, Lizette Cabrera and Priscilla Hon 2017-2021
- Tennis Queensland Coaching Excellence in Performance finalist 2018
- Head Coach KDV Sport 2016



DAVID TAYLOR

- Australian Tennis Awards High Performance Coach of the Year 2010 and 2011
- Australian Billie Jean King Cup captain 2006-2012
- Australian Olympics women's team coach 2004, 2008, 2012
- Personal coach of Sam Stosur from 2007-2013. Stosur's US Open victory in 2011 made her the first Australian to win a Grand Slam women's singles title in 30 years
- Former coach of Alicia Molik, Naomi Osaka, Elise Mertens, Jelena Ostapenko, Ana Ivanovic, Maria Kirilenko, Maggie Maleeva



WHAT'S ON OFFER

The NTA will offer everything that is required to build a strong platform for success: a primary focus on wellbeing and safety, world-class facilities, world-class tennis and athlete development program, personalised education program and residential options.



QUEENSLAND TENNIS CENTRE

FACILITIES ON OFFER FOR ATHLETES INCLUDE:



17

Hard courts
(3 undercover,
14 outdoor)



6

Clay courts



1

Grass court



Fully equipped

Gym



**Locker
Room**



**Player
Lounge**



**Consulting
Rooms**
Medical & Physio



**School
Classroom**



**Pro-shop &
Cafe**



EDUCATION

Studies and tennis are valued equally at the NTA and our Dean of Students helps support the athletes to reach their full academic potential.

EDUCATION POLICY

Tennis Australia recognises the importance of a child's education and does not in any way encourage the early departure from the education system. Accordingly, Tennis Australia has implemented a policy that reflects the importance of education in a child's development.

All NTA scholarship athletes must complete their secondary education, as recognised by their respective state education department. It is recommended those NTA athletes who have completed Year 12 undertake some form of part-time study or personal development course.

DISTANCE EDUCATION

Tennis Australia does not endorse athletes commencing Distance Education (DE) prior to Year 9. Our Dean provides advice to families regarding DE options, based on the personal circumstances of the athlete, their family and their individual academic and tennis goals. Additionally, our Dean works closely with all NTA staff in ensuring a holistic approach for each athlete. In accepting a NTA scholarship, our Dean becomes the primary DE supervisor and assumes all responsibilities that encompass this role.

Our Dean is able to advise and guide athletes with subject selection, whilst keeping options open for US College eligibility. Athletes enrolled in DE are expected to study the subjects listed below as a minimum requirement:

Year 9 and 10 – English, maths, science, social science and two electives (Six subjects per year in total – to build the organisational and core skills required to manage the workload of senior studies)

Year 11 and 12 – Athletes are required to fulfill the minimum requirements of their state education body to successfully complete Year 12 (ATAR and non-ATAR).

COMPLETION OF SCHOOL WORK

Athletes are required to meet all deadlines and DE requirements. This includes assessments tasks, their weekly work submissions and maintaining regular contact with teachers if they are travelling on the road and unable to attend live lessons. When touring in similar time zones, athletes are expected to prioritise attending their live

lessons as much as possible. Should an athlete fall more than two weeks behind in school work, their schedule will be adapted to assist them in catching up on their work.

The NTA also utilises school holiday time to catch up on tasks if needed. This also provides an opportunity for athletes to plan ahead and make a start on future work to help reduce the pressure as much as possible whilst competing.



RESIDENTIAL

The safety of our athletes is our primary concern and all aspects of our residential program have and will continue to be thoroughly assessed by the Tennis Australia Integrity Unit and our Chief Medical Officer.

OUR PHILOSOPHY

To provide a child-safe, child-friendly and COVID-safe environment that helps facilitate a high performance lifestyle.

SAFETY FIRST

Residential options have been reviewed and approved by the Tennis Australia Integrity team, in alignment with our Safeguarding Children and Member Protection policies. We are committed to providing an environment that is both child-safe and child-friendly, in which children feel respected, valued and encouraged to reach their full potential.

ACCOMMODATION WITH DUTY OF CARE

- Quality accommodation located close to QTC, shopping centres and public transport.
- Duty of Care provided by a TA endorsed, experienced, live-in House Parent who will ensure player welfare and safety, enforce house rules, cook meals, complete household duties.
- Accommodation will be fully furnished. Players to provide own linen.
- Breakfast and dinner provided at the accommodation, lunch provided at QTC.



NTA OFFERINGS

JUNIORS: 16-18 BIRTH YEAR

Performance Benchmark:

Top-100 tracking via ATP/WTA/UTR

Brisbane-based offering:

- Assigned coach (shared)
- Access to all Sports Science/Sports Medicine
- Room and board at Tennis Australia accommodation where available
- All flights and accommodation on road

NOTE: does not include flights to and from home, school expenses, entry fees, re-stringing, food on road, medical gap costs

- Annual upfront fee of \$10K

- Theo Kotsabakidis scholarships available

Home-based offering:

- Players must meet the top-100 tracking benchmarks in order to qualify for the home-based funding offer.
- \$40K towards tennis-related expenses
- Training opportunities in Brisbane (at agreed upon times and at own expense)
- Access to ND Squads/Strength and Conditioning Coaches (S&Cs) in local environments
- Access to SSSM services at NTA discretion
- Theo Kotsabakidis scholarships available

POST-JUNIORS: 19-23 BIRTH YEAR

Performance Benchmark:

Top 100 tracking via ATP/WTA/UTR

Brisbane-based offering:

- Assigned coach (shared)
- Access to all Sports Science/ Sports Medicine

NOTE: does not include flights to and from home, flights and accommodation on the road, entry fees, re-stringing, medical gap costs

- 10 per cent payback of first-round wildcard prizemoney for singles main draw or qualifying at Grand Slam and ATP/WTA Tour events

Home-based offering:

- Players must meet the top-100 tracking benchmarks in order to qualify for the home-based funding offer.
- \$50K towards tennis-related expenses.
- Training opportunities in Brisbane (at agreed upon times and own expense)
- Access to courts and S&Cs (where available) in local environments
- Access to SSSM services at NTA discretion.

NATIONAL TENNIS ACADEMY



NTA TECHNOLOGY SUITE

Below are the range of technologies used by NTA staff - in particular the S&C team for physical testing and monitoring:



TEAMWORKS

TEAMWORKS is used for all NTA communication and scheduling



VALD PERFORMANCE

VALD is used for NTA vertical strength and power testing



TEAMBUILDR

TEAMBUILDR is used to find all NTA physical programs



CATAPULT

CATAPULT is used to monitoring the on and off court demands of all NTA athletes



POLAR is used to monitor the heart rates of all NTA athletes during all training sessions

1080MOTION™

1080 Motion is used for NTA running and horizontal jump strength and power testing

ANNUAL CALENDAR EXAMPLE - PROFESSIONAL

Legend	Challengers
Grand Slam	ITF Juniors
ITF Futures	Rest
WTA Tour	Training

Week	Tournament & Training Schedule	Date
1	Playford 25K	Hobart Qs 31 - 06 Jan
2	AO Qs	07 - 13 Jan
3	AO week one	Training week Melbourne 14 - 20 Jan
4	Burnie 60K	21 - 27 Jan
5	Launceston 25K	28 - 03 Feb
6	Rest	Training week Brisbane 04 - 10 Feb
7	Training week Brisbane	11 - 17 Feb
8	Training week Brisbane	18 - 24 Feb
9	Training week Brisbane	25 - 03 Mar
10	Mildura 25K	04 - 10 Mar
11	Training week (clay)	11 - 17 Mar
12	Canberra 25K	18 - 24 Mar
13	Canberra 25K	25 - 31 Mar
14	Rest	Training week Brisbane 01 - 07 Apr
15	Hong Kong 25K	08 - 14 Apr
16	Training week Anning	15 - 21 Apr
17	Anning 125K	22 - 28 Apr
18	Gifu 80K	29 - 05 May
19	Fukuoka 60K	06 - 12 May
20	Kurume 60K	13 - 19 May
21	Rest	20 - 26 May
22	Training week Brisbane (grass)	27 - 02 Jun
23	Surbiton 100K	03 - 09 Jun
24	Manchester 100K	Nottingham Qs 10 - 16 Jun
25	Ilkley 100K	17 - 23 Jun
26	Wimbledon Qs	24 - 30 Jun

Week	Tournament & Training Schedule	Date
27	Wimbledon week one	Week off Europe 01 - 07 Jul
28	Training week Brisbane	08 - 14 Jul
29	Training week Brisbane	15 - 21 Jul
30	Training week Brisbane	22 - 28 Jul
31	Training week Brisbane	29 - 04 Aug
32	Lexington 60K	05 - 11 Aug
33	Vancouver 100K	12 - 18 Aug
34	US Open Qs	19 - 25 Aug
35	US Open week 1	China 60K 26 - 01 Sep
36	Training week Nanchang	02 - 08 Sep
37	Nanchang 250	09 - 15 Sep
38	Guangzhou 500	16 - 22 Sep
39	Darwin 60K	23 - 29 Sep
40	Rest	30 - 06 Oct
41	Training week in Brisbane	07 - 13 Oct
42	Training week in Brisbane	14 - 20 Oct
43	Bendigo 60K	21 - 27 Oct
44	Playford 60K	28 - 03 Nov
45	Taipei 125K	04 - 10 Nov
46	Rest	Training week in Brisbane 11 - 17 Nov
47	Training week in Brisbane	18 - 24 Nov
48	WTA Camp & Newcombe Medal	25 - 01 Dec
49	Training week in Brisbane or Melbourne	02 - 08 Dec
50		09 - 15 Dec
51		16 - 22 Dec
52		23 - 29 Dec

ANNUAL CALENDAR EXAMPLE - JUNIOR

Legend	Challengers
Grand Slam	ITF Juniors
ITF Futures	Rest
WTA Tour	Training

Week	Tournament & Training Schedule	Date	
1	Training Brisbane	31 - 06 Jan	
2	Traralgon G1	07 - 13 Jan	
3	Traralgon G1	AO Juniors	14 - 20 Jan
4	AO Juniors	21 - 27 Jan	
5	Training Brisbane or Melbourne	28 - 03 Feb	
6	Auckland G3	04 - 10 Feb	
7	Rest	Training Brisbane	11 - 17 Feb
8	Training Brisbane	18 - 24 Feb	
9	Shenzhen G3	25 - 03 Mar	
10	Thailand G1	04 - 10 Mar	
11	Malaysia G1	11 - 17 Mar	
12	Rest	Training Brisbane (clay)	18 - 24 Mar
13	Training Brisbane (clay)	25 - 31 Mar	
14	Training Brisbane (clay)	01 - 07 Apr	
15	Training Brisbane (clay)	08 - 14 Apr	
16	Aus 25K Pro Circuit	15 - 21 Apr	
17	Gallipoli G3	22 - 28 Apr	
18	Training Brisbane (clay)	29 - 05 May	
19	Training Italy	06 - 12 May	
20	Santa Croce G1	13 - 19 May	
21	Milan GA	20 - 26 May	
22	Astrid Bowl G1	27 - 02 Jun	
23	French Open Juniors	03 - 09 Jun	
24	Offenbach G1	10 - 16 Jun	
25	Training week London (grass)	17 - 23 Jun	
26	Nottingham G1	Roehampton G1	24 - 30 Jun

Week	Tournament & Training Schedule	Date	
27	Roehampton G1	01 - 07 Jul	
28	Wimbledon Juniors	08 - 14 Jul	
29	Rest week	15 - 21 Jul	
30	Training Brisbane	22 - 28 Jul	
31	Training Brisbane	29 - 04 Aug	
32	Training Brisbane	05 - 11 Aug	
33	Fiji B2 ITF	12 - 18 Aug	
34	Tweed Heads G2 ITF	19 - 25 Aug	
35	Canadian Juniors	26 - 01 Sep	
36	US Open Juniors	02 - 08 Sep	
37	Rest	Training Brisbane	09 - 15 Sep
38	Training Brisbane	16 - 22 Sep	
39	Training Brisbane	23 - 29 Sep	
40	Aus 25K Pro Circuit	30 - 06 Oct	
41	Aus 25K Pro Circuit	07 - 13 Oct	
42	Osaka GA	14 - 20 Oct	
43	Nagoya G2	21 - 27 Oct	
44	Chuncheon G2	28 - 03 Nov	
45	Korea B1	04 - 10 Nov	
46	Rest	11 - 17 Nov	
47	Training Brisbane	18 - 24 Nov	
48	Training Brisbane	25 - 01 Dec	
49	18s Nationals	02 - 08 Dec	
50		09 - 15 Dec	
51		16 - 22 Dec	
52		23 - 29 Dec	

	Ages 15-18: Distance Education	Ages 19-23: Post-School	All Ages			
	Monday-Friday		Saturday	Sunday		
6:30am						
7am	Breakfast	Breakfast				
7:30am	Travel to QTC					
8am	Mobility	Travel to QTC				
8:30am	Warm-up / Movement	Mobility				
9am	Tennis	Warm-up / Movement	Tennis	Free Time		
9:30am		Tennis			S&C	
10am						Tennis
10:30am						
11am	Shower / Lunch					
11:30am	School	Shower / Lunch	Free Time			
12pm		Lunch / Rest				
12:30pm	Tennis	S&C				
1pm						
1:30pm	Warm-up / Movement	Travel Home / Shower				
2pm	Tennis	Free Time				
2:30pm						
3pm	S&C					
3:30pm	Shower	Free Time				
4pm						
4:30pm	S&C					
5pm	Free Time	Dinner				
5:30pm						
6pm	Dinner					
6:30pm	Study / Free Time	Free Time				
7pm						
7:30pm	In room	In room				
8pm						
8:30pm						
9pm						
9:30pm						



LIFE OUTSIDE OF TENNIS

While we understand tennis is important, we are also aware that there is more to life than the yellow ball! Led by our National Wellbeing Manager, Ben Robertson, we aim to provide all athletes with the opportunity to develop themselves as people.

The five pillars of the program are connection, mindfulness, physically active, learn and give, with each player individually monitored to ensure that they maintain a healthy wellbeing range.

By incorporating the Wellbeing Program into young athletes' schedules, we are not only enhancing their performances but more importantly developing them as people.

Our mission within the Player Development team is to produce and support well-rounded players, and to do this we need to create an environment and culture that promotes development both on and off the tennis court.

Players will participate in numerous activities throughout the year across all five pillars and be supported by wellbeing mentors along the way.



WELLBEING PROGRAM

Developing emotionally healthy players, with a love of tennis, who embrace the opportunities and thrive on the challenges.



CONNECTION

Make time for being with people you enjoy. Family and friends, people who support you and know you for who you are – not just as a tennis player. Be involved in the community.



MINDFULNESS

Be in the moment. Notice what's going on around you. Not always thinking about what might happen in the future, or dwelling on the past. Try meditation, Sudoku, board games, drawing, colouring, yoga, listening to music, puzzles, sit quietly listening to your breathing or go for a walk. Turn the screens off.



PHYSICALLY ACTIVE

Try other sports or cross training to help with diversifying your friendship group, learning about rules and teamwork, freshening your mind and building you physically while avoiding overuse injuries. Go for a walk, dance, bike ride, skateboard or surf.



LEARN

Keep an open mind and develop a growth mindset. Try things away from tennis. Learn an instrument, watch a documentary or a TED talk, try a new recipe, learn a language or basic phrasing, research customs of the countries you play in, learn to budget, know yourself and your values.



GIVE

Giving back to the community or others, makes you feel better. Start small, say thank you, open the door for others, compliment others, smile, ask if you can help. Write a card to someone who has helped you, offer to cook or give flowers. Volunteer your time to a cause you respect or join a community group.

QUALIFICATION

Our qualification standards are unashamedly high, and reflect our mission of developing athletes into top-100 players and future Grand Slam champions.



GUIDELINES

THE STAGE GATES FOR PLAYER QUALIFICATION

1. PERFORMANCE

Player meets the minimum ranking/rating requirements

2. VALUES

The player displays and adheres to set values and behaviours

3. POTENTIAL

The player is deemed to have strong top 100 potential based on the assessment of the qualification panel

1. PERFORMANCE

WTA/ATP/UTR Top-100 tracking benchmarks*		
Birth Year	Male	Female
14 th	N/A	UTR 9.98/WTA 1017
15 th	UTR 12.76/ATP 1381	UTR 10.23/WTA 871
16 th	UTR 12.79/ATP 1323	UTR 10.56/WTA 691
17 th	UTR 12.93/ATP 1132	UTR 10.90/WTA 516
18 th	UTR 13.19/ATP 869	UTR 11.31/WTA 324
19 th	UTR 13.81/ATP 471	UTR 11.54/WTA 219
20 th	UTR 14.09/ATP 342	UTR 11.67/WTA 164
21 st	UTR 14.36/ATP 240	UTR 11.74/WTA 135
22 nd	UTR 14.56/ATP 171	UTR 11.77/WTA 121
23 rd	UTR 14.63/ATP 148	UTR 11.77/WTA 121

* If a player is of outstanding values and seen to be very high potential based on the assessed factors, then the Selection Panel has absolute discretion to make an offer to a candidate who has not met the minimum performance requirements. Players must meet the top-100 tracking benchmarks in order to qualify for the home-based funding offer.

2. VALUES

Competitive | Coachable | Committed

3. POTENTIAL

Combined assessment of athlete's ability to have a sustainable career in the top 100 based on results, values, game style and physical capabilities

BEHAVIOUR & VALUES GUIDELINES

All athletes will be required to sign an athlete agreement and continue to adhere to those requirements. Those obligations are itemised under Annexure A of the Athlete Agreement document.

In addition, any athlete being housed in Tennis Australia accommodation will be required to sign and adhere to the House/ Homestay Guidelines, which cover:

- Curfew
- House responsibilities
- Non-tennis activities
- Communication
- Notification of absence



TIMELINES

Athlete agreements will commence in January, prior to the commencement of term one of the academic year. However, athletes may be invited to begin their association with the NTA in the lead up to the Australian summer.

TIMELINES

NTA OFFER PROCESS

(October-December)

COMMUNICATE
OFFER TO ATHLETES



DEADLINE FOR
ACCEPTANCE OF OFFER



DISTANCE EDUCATION
ENROLMENT



DISTRIBUTION OF TA
ATHLETE AGREEMENTS



PLAYER INDUCTION



START OF TERM ONE



CONTACT DETAILS

Should you have any queries on
the NTA, please contact:

Nicole Kriz

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