

**TENNIS AUSTRALIA**

**SPORT SCIENCE & MEDICINE**  
**RESEARCH PROGRAM**  
**GUIDELINES**



**VERSION 3.0**

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## 1. INTRODUCTION

The Tennis Australia (TA) Sport Science and Medicine unit was created in 2008. It is committed to enhancing TA programs and the performance of its players and coaches.

In 2010, TA's Sport Science and Medicine unit has established a formal research program to welcome the investigation of research topics relevant to and beneficial for the game. The assembly of a Sport Science and Medicine Advisory Group (SSMAG) will help ensure the quality and relevance of tennis research, while also strengthening the sport's relationships with other sports organisations and the university sector.

Projects that will be prioritised for receipt of funding and/or support in 2012 reflect the research priority areas outlined in Section 3 below. The research program values investigative designs that provide readily applicable sport science and medicine information to players, coaches or the organisation. The processes and requirements for researchers interested in undertaking relevant tennis studies in sport science and medicine are outlined in this document. Small research grants (with funding) may be offered, however, the total funding pool is limited and varies from year to year.

## 2. PURPOSE

The objectives of the TA Sport Science and Medicine Research Program are to provide information to the tennis community that will:

- a) advance coaching methodology;
- b) improve player preparation, performance and management;
- c) decrease the rate or incidence of injuries sustained during or related to tennis play;
- d) aid talent identification and development; and
- e) grow the appreciation (the value and potential contribution) of sport science and medicine research among coaches and administrators.

## 3. RESEARCH AREAS

Consideration will be given to applications for research projects within or across the sport science and medicine disciplines (i.e. biomechanics, skill acquisition, psychology, physiology, physiotherapy, nutrition, epidemiology, notational analysis, etc).

Research within or across these disciplines may seek to address:

- ⇒ Skill development
- ⇒ Injury prevention, treatment and/or rehabilitation
- ⇒ Coach development

From time to time, TA may advertise specific topics or call for expressions of interest in priority research areas. Researchers or research teams with demonstrated interest, expertise and proven track records may be invited to submit a specific research proposal by TA (*commissioned research*).

## 4. APPLICATION PROCEDURES

Researchers should take particular care to read and adhere to the relevant application processes detailed in this document before completing the Research Grant Application Form.

### 4.1 Structure of research proposals

All *research proposal* applications must be submitted in the format detailed in the Research Grant Application Form. Sections inconsistent with this format will be ignored throughout the review process.

**Note:** As described in Section 7.3 of the Research Grant Application Form, if the proposed research seeks logistical support in the form of access to a population, the endorsement or consent of relevant TA staff will be required.

#### **4.2 Specific responsibilities of Chief Investigator**

The responsibilities of the Chief Investigator will include:

- Inform TA of any changes to the study design, any anticipated variations in project costs and/or any anticipated delay in project completion in a timely manner
  
- Provide a 1 page mid-project report of status and expenditure (where relevant) to TA

On or before the research project's specified completion date (as detailed in project milestones), the Chief Investigator must submit the following to TA:

- A coaches' report presented over 2-4 pages of size 10 single-spaced font.
  
- A scientific article or report over 4-6 pages of size 10 single-spaced font.
  
- An outline of publications or presentations resulting from the research findings. (These will be subject to TA approval, which will not be unreasonably withheld).

#### **4.3 Research contracts and completion**

All successful research grant applications will be subject to an executed contract with TA.

Satisfactory completion of the project on behalf of TA will be determined by the favourable review of TA or the SSMAG of the reports described above as well as the receipt of a satisfactorily audited financial statement (where funding was sought).

### **5. SELECTION PROCESS AND RECOMMENDATIONS TO TENNIS AUSTRALIA**

#### **5.1 Scientific Review**

Tennis Australia will conduct a preliminary review of all *research proposals* to determine those that meet the application guidelines. Selected members of the SSMAG will then independently review proposals according to the following criteria:

- demonstrated depth of insight into the problem
- scientific merit, design and methodology of the project
- feasibility of the study
- appropriateness of the budget and timeline
- practical and direct benefit to tennis
- where relevant, degree of support from coaching personnel
- track record of the research team

Where required, the SSMAG will contact the Chief Investigator for further information and/or external expertise will be pursued to evaluate a proposal.

#### **5.2 Recommendation**

Members of the SSMAG will submit recommendations to TA for final consideration. Proposals will be categorised as:

1. Funding or support as proposed: funding and/or support are recommended for this research project as proposed or with very minor alterations only.
2. Conditional funding or support: funding and/or support are recommended provided certain aspects of this proposal are modified as outlined.
3. Revise and resubmit: the proposal requires major modifications and resubmission. Funding and/or support are not guaranteed with resubmission.
4. Funding or support not recommended.

Tennis Australia will have final approval of the funding and/or support of recommended projects. Priority may be given to those topics commissioned for investigation by TA. Tennis Australia reserves the right to accept or reject an application and to determine the amount of any funding and/or support in its sole discretion.

## 6. FUNDING

Research proposals that successfully seek funding will generally be funded in instalments.

In recommending that projects be funded, the SS MAG will consider the following components within an application as available for funding. This should be reflected in the budget as provided by the Chief Investigator.

### 6.1 *Employment of Personnel*

Hourly rates of pay will be determined from the relevant Award Rates of pay for administrative and technical support. **Through this program, TA will not fund staff salaries nor full or partial scholarships or bursaries for university based graduate or post-graduate students.**

### 6.2 *Travel*

Funding for travel will depend on the nature of the project. Generally, funds for travel will only be considered when they form an integral part of the project, i.e. data collection. The mode of travel must be indicated as part of the proposal.

### 6.3 *Meals and Accommodation*

Claims for meals and accommodation may be approved, provided they form a fundamental part of the project. They will not be allowed in the resident work setting, and respective accommodation and meal/incidental costs should not exceed \$110/night and \$55/day per person respectively.

### 6.4 *Technical Services and Supplies*

#### 6.4.1 *Information Technology Service*

Reasonable expenses for information technology services are permitted. Budgets must include information detailing the facility to be used, rates per hour and number of hours required.

#### 6.4.2 *Equipment*

Typically, funding will not be provided for equipment. However, the purchase of items specifically required for the project may be allowed if such items are normally not available or deemed essential. Any equipment purchased will be considered the property of TA and must be delivered to it once the researcher no longer requires it for the purpose of the funded research.

#### 6.4.3 *Consumables*

Funds may be provided for laboratory supplies such as video tapes, DVD's, etc.

### 6.5 *Facility access*

Funding may be provided for the access to facilities (i.e. court hire, gym...) required for the completion of the research project.

### 6.6 *University Infrastructure Costs*

Funding for up to 15% of related university infrastructure costs may be permitted.

### **6.7 Commercial Research**

Funding of commercial research may be considered. The researcher(s) should contact the TA High Performance Manager, Dr Machar Reid, on [mreid@tennis.com.au](mailto:mreid@tennis.com.au) to discuss their proposal if it contains commercial aspects. This should be undertaken prior to submitting a research proposal to TA and its SSMAG.

### **6.8 Other**

Any other component or factor that the SSMAG considers relevant.

## **7. TIMELINE**

### **7.1 Submission of research proposals**

In accordance with the Research Grant Application Form, research proposals should be emailed to: Dr. Machar Reid at [mreid@tennis.com.au](mailto:mreid@tennis.com.au).

Otherwise, hard copies of research proposals can be posted to:

Dr. Machar Reid  
High Performance Manager  
Tennis Australia  
PO Box 6060, Richmond 3121, Victoria

### **7.2 SSMAG Research Proposal Review and Decision**

Tennis Australia will endeavour to provide notification of the feedback and decision on submitted research proposals within 6 weeks of receipt.

### **7.3 Contract**

As abovementioned, in the event that support or funding is granted, this will be subject to a formal written agreement being executed between TA, the research team and the administering institution.

## **8. SUMMARY**

Tennis Australia encourages and supports scientific and medical research that can directly contribute to the development of tennis. It is expected that the information gained through the TA Sport Science and Medicine Research Program will be applied at many levels of Australian and international tennis.

If you have any enquiries regarding your proposed research project, please contact Dr. Machar Reid on [mreid@tennis.com.au](mailto:mreid@tennis.com.au) or (03) 9914 4229.