

# NATIONAL DEVELOPMENT SQUAD - VICTORIA

## NEWSLETTER - SEPTEMBER

### Supported Players Program

Building a strong collaborative environment in the supported player program is crucial for the development and success of our athletes. Many new Victorian players are meeting national criteria and joining the Supported Player Program, which is a testament to their dedication and effort. Congratulations to all the new players, coaches, and all those involved in their achievements this month!

### National Development Squads

The National Development Squad players continue their development, offering our aspiring Victorian players a valuable competitive training environment. Key focus themes for this term include consistency, volume, tactical awareness, transition, and a positive mindset; all essential aspects of athlete development.

We acknowledge Tony Glynn, our Sport Psychologist, for his contribution towards teaching our athletes about mindset and routines, which we understand to be vital for competition. Thank you, Tony, for visiting our NDS program and providing information the tools to help our players improve their focus, confidence and resilience. The feedback and observations from the National Development Squad sessions highlight some key factors for success:

- **Preparation:** Starting in an athletic position and being prepared to engage in the activity is essential. This ensures that players can react quickly and effectively to different situations during the game.
- **Awareness:** Recognising when to make the right shot at the right time is a valuable skill. Patience in decision-making can lead to better shot selection and increased chance of winning points.
- **Belief:** having confidence starts in the mind, players who focus on cultivating a confident and process-driven mindset have the edge over those who only focus on the 'outcomes'.

**Term 4 Return Date:** Week 2, beginning October 9th 2023

### Super 10s

The Super 10s developmental competition is gearing up for Term 4, after a break in Term 3. With over 200 Victorian players registered, it's clear that there is a lot of enthusiasm for this flagship program. The upcoming Selection Tournament on October 8th and rounds of play will undoubtedly be exciting, providing an opportunity for young talent to showcase their skills and compete at a high level. The announcement of two Super 10s 'State of Origin' events is also a great addition to the program. The 2014BY (and younger ) event against South Australia in Mt Gambier on November 12 and 13 and the 2013BY (and younger) event against New South Wales in Wodonga on December 2 and 3 are sure to generate interest among players and fans alike.

#National\_Development \_Victoria



**[CLICK HERE FOR SEPTEMBER NEWSLETTER](#)**



# NATIONAL DEVELOPMENT SQUAD - VICTORIA

## NEWSLETTER - SEPTEMBER

The Super 10s is committed to nurturing and promoting young talent, and these events will be a great opportunity for young players to showcase their skills on a bigger stage. We are sure many players are eagerly awaiting their invites for these exciting events in the coming weeks. Good luck to all the participants and may the Super 10s continue to thrive and contribute to the growth of talent in Victoria and beyond!

### Zone Squads

The dedication and leadership of the Zone Squad Head Coaches are making a positive impact on the development of young tennis players across Victoria. Having specific themes for each developmental session provides players an opportunity to focus on different aspects of their game and improve their skills. The Zone Squad program is focused on providing a comprehensive and supportive pathway for aspiring tennis players. Thank you to all Zone Squad Coaches for their excellent work with players within that program.

### Strength and Conditioning

The Strength and Conditioning program has embraced the warmer spring nights and utilised outdoor spaces for training and team activities. Term 3 focused on both physical development and, fostering a sense of camaraderie and competitiveness among the athletes. Maintaining a focus on injury prevention, mobility, balance, and coordination is crucial for the overall well-being and performance of athletes. These foundational elements help enhance athletic ability while reducing the risk of injury. Engaging athletes in team challenges, obstacle courses and mini games, such as Vortex, adds an element of fun and teamwork to the training process. These activities not only improve physical fitness but promote cooperation, communication and sportsmanship among the participants.

Overall, the program has provided a well-rounded and enjoyable experience for the athletes, combining the benefits of outdoor training with skill development and team bonding. This approach is likely to have a positive impact on their overall performance and development!

Wishing all the athletes competing in the Australian National Championships in Adelaide the very best. Additionally, extending our well wishes to those participating in upcoming school holiday tournaments. These tournaments provide valuable opportunities for growth and competition. Best of luck!

Stay well,  
NDS Victorian Team

#National\_Development\_Victoria



**[CLICK HERE FOR SEPTEMBER NEWSLETTER](#)**



# NATIONAL DEVELOPMENT SQUAD - VICTORIA

## COACH PROFILE



***NAME: Andrea Stoltenberg***

***HOMETOWN: Prague, Czech Republic***

***FAV SURFACE: Grass***

***FAV TOURNAMENT: Wimbledon***

***FAV STROKE: Volley***

### QUESTION & ANSWER

**Why do you love coaching tennis?**

I love tennis as a game and coaching it brings me joy.

**What is your coaching philosophy in one sentence?**

I strive to enhance/develop efficient movement, technique and skills, which allow the player to have the best timing and self-belief to hit the best strokes they can in the match.

**What is something playing tennis has taught you?**

Tennis taught me that if I love something, I enjoy doing it, I give it my focus, I work hard, and most importantly, I never stop learning, then I have a chance of success.

**What are you watching/binging right now?**

Black Mirror, a series on Netflix.

**Who is your idol?**

My grandfather. He was a very intelligent, clever, creative, kind and caring person, and we had a very special bond.

**Who is the tennis player you would most like to have played against?**

Martina Navratilova in singles. I almost got to play her but unfortunately, I lost my singles in the round before....it would have been so much fun to try to beat her though. Fortunately, I played her in a Doubles Final on the WTA Tour, which we unfortunately lost 7/6 in the third set.

**You can invite three people to dinner (alive or passed) - who do you invite?**

Leonardo Da Vinci, Wolfgang Amadeus Mozart and Albert Einstein. I would love to hear what these three geniuses would talk about and get to know them as people.

**A great read?**

I have always been a prolific reader and I have read many brilliant books. The one that always stays in my mind is "Man's Search For Meaning" by Victor E. Frankl.





# NATIONAL DEVELOPMENT SQUAD - VICTORIA

RESULTS LOCALLY AND AROUND THE GLOBE



**SEPTEMBER**

## ***12/U Australian Hardcourt Qualifying***

Winner - Christopher Manton & Cleo Stuart

Runner Up - Easton Dowker & Mia Tsalkos

## ***14/U Australian Hardcourt Qualifying***

Winner - Salvatore Soepardi & Alisha Singh Cameron

Runner Up - Ayaan Chowdhary & Isabella Cameron

## ***Adelaide Junior International***

Ava Beck Winner

Ruby Ward - Doubles



#HitLocalPlayGlobal

#TennisVic



# NATIONAL DEVELOPMENT SQUAD - VICTORIA

RESULTS LOCALLY AND AROUND THE GLOBE



**SEPTEMBER**

## **2023 RAFA NADAL TOUR**

**12s Girls Singles**

Aliyah Daly-Winner, Samaara Robin- Runner Up

**12s Boys Singles**

Novak Palombo- Winner, Thaadhie Karynanayake- Runner Up

**14s Girls Singles**

Pauline Ma-Winner, Hannah Park- Runner Up

**14s Boys Singles**

Ren Asai- Winner, Salvatore Soepardi - Runner Up

**16s Girls Singles**

Jia Shah-Winner, Sophia Brooks-Gay- Runner Up

**16s Boys Singles**

Sam Simmonds- Winner, Parsa Samareh - Runner Up

