



## ***Regional Academy of Sport network - Frequently Asked Questions***

### ***What are Regional Academies of Sport?***

Regional Academies of Sport ("RAS") are a network of sporting organisations funded by Sport and Recreation Victoria and local sponsor partners to support aspiring junior athletes in regional Victoria. There are 7 RAS environments in Victoria- SouthWest (Warrnambool), Barwon, Sunraysia (Mildura), WestVic (Ballarat), Bendigo, Gippsland and North East region (in Wodonga).

Tennis Victoria provides funding and other resources to deliver tennis programs for talented local junior tennis athletes in each RAS. Each tennis program offers a range of support services to develop athletes through the provision of training, match-play, sports science & athlete education.

### ***Why be involved in an RAS tennis program?***

Being part of a RAS tennis program provides athletes with many benefits, such as access to train with the best players from across each country region in a motivating environment that is delivered by one of Tennis Victoria's Regional State coaches. There is also an annual Inter-Academy play-off event held in the latter half of the year at Melbourne Park.

There is also a range of sports science support such as topics on injury prevention and sports psychology, a musculoskeletal screening and individualised strength and conditioning program, educational sessions and tournament support at several key junior metro & regional events.

### ***Does being involved in an RAS replace the need to train with my local private coach?***

The RAS program is not a stand-alone training program or replacement for weekly training with a local private coach. Involvement in a RAS program is designed to complement the work undertaken with a private coach by facilitating infrequent but high level squad style training.

Players are encouraged to use the feedback from RAS sessions as motivation for their regular sessions with their private coach. A Tennis Victoria Regional State Coach is in regular contact with local private coaches to offer assistance with the development of individual athletes. The RAS provides support to the athlete and local private coach along their developmental journey.

### ***What is the program structure of a RAS program?***

Each RAS will differ slightly but each program has a maximum of 16 junior athletes (aged 11 up to 18) and offers one full day training session per term. Each session consists of approx 4 - 5 hours on court, broken into a morning and afternoon session, as well as a presentation held during the lunch break. Each RAS athlete will receive an Academy uniform, a musculoskeletal screening, individualised strength and conditioning program, educational sessions and tournament support at several key junior tournaments. The annual cost of the program is approx \$350 per athlete but will vary slightly within each Academy.

### ***How do I get involved?***

The Academy programs operate on a calendar year. 2019 selection trial dates are overleaf. Players are offered a RAS program position for 12 month period. Selection is via written invitation only.

Visit Tennis Victoria's website for more information on criteria, 2019 training dates and venues or call (03) 8420 8420 and speak to Jessica McCormack in Player Development or email [jmccormack@tennis.com.au](mailto:jmccormack@tennis.com.au)