



Tennis West *Grant Resource*



Information



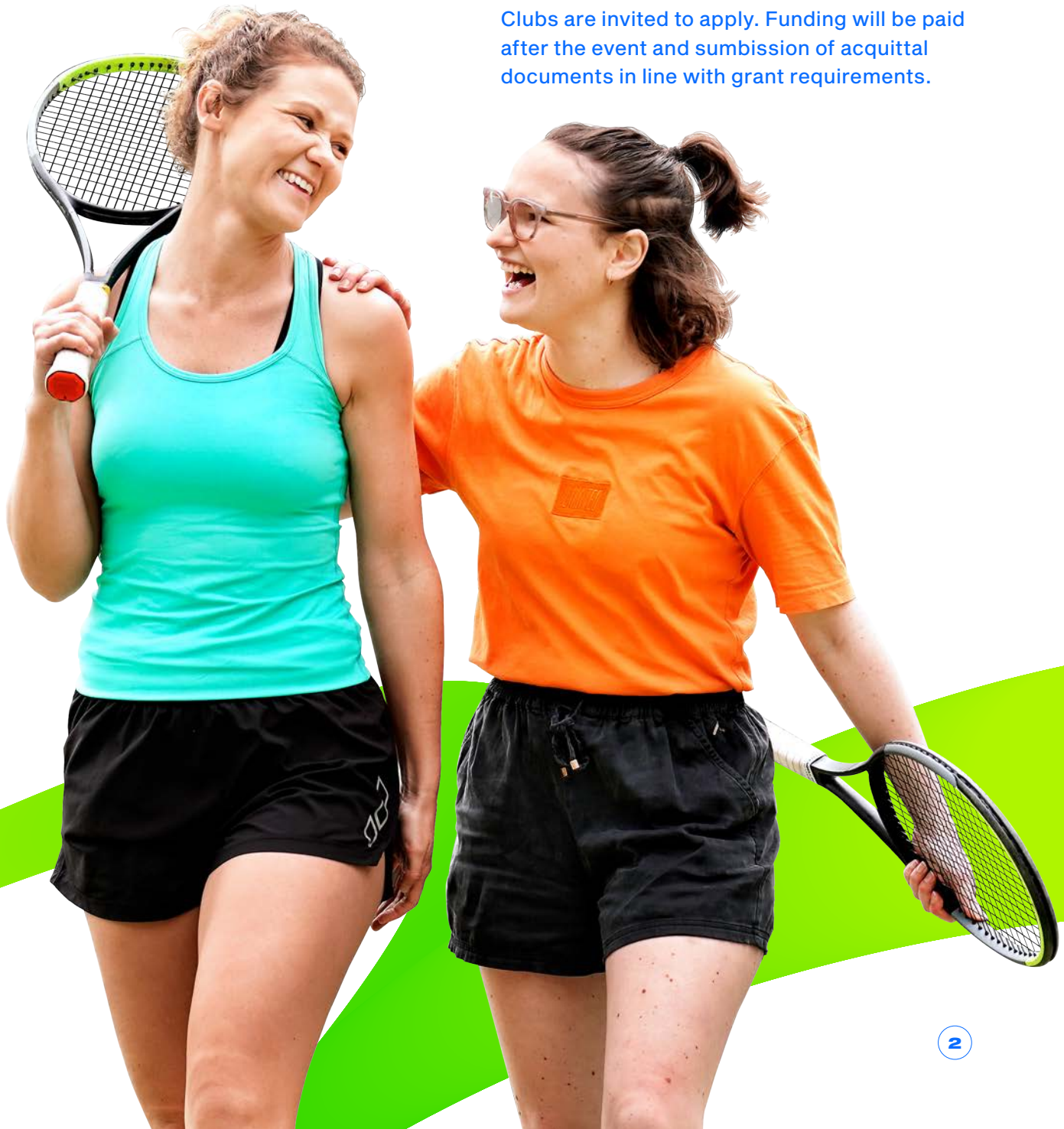
Through our partnership with Healthway, Tennis West promotes the Fuel to Go & Play® health message at tennis events, programs and clubs. This includes the Fuel to Go & Play® Club Grants program, which is available for all metro and regional clubs.

Fuel to Go & Play® Club Grants (up to \$1000 + GST) support the delivery of inclusive community events that:

- Promote tennis and club engagement
- Showcase the efforts of dedicated committees
- Endorse Healthway's key messages

We aim to make our sport more accessible and contribute to the growth in tennis participation.

Clubs are invited to apply. Funding will be paid after the event and submission of acquittal documents in line with grant requirements.



Fuel to Go & Play®

Fuel to Go & Play® promotes healthy eating and makes the healthy choice the easy choice. By encouraging fruit, vegetables, wholegrains, dairy and water, the program links good nutrition with being active through tennis. With 76% of WA adults and 29% of children overweight or obese, the aim is to build healthier habits from a young age and create supportive environments for change.

Key Messages

- Fuel your body with fruit, veggies, dairy and wholegrains
- Choose water – hydrate before, during and after play
- Skip sugary snacks – choose healthy options instead
- Ace your game with fruit, veg and water.
- Be your best on and off the court – make healthy choices

Key Objectives

- Promote Fuel to Go & Play® messaging
- Raise awareness of tennis clubs and grow the sport's profile
- Support healthy lifestyle choices through tennis

- Encourage health policies that create healthy tennis environments
- Foster welcoming, safe, and inclusive clubs via Thriving Tennis Communities

What can the funding be used for:

We're looking for creative, inclusive events that build awareness and participation, such as:

- Community activations (Come & Try Day, Family Day)
- School-to-club link events
- Inclusion & diversity events
- Coaching programs/events with a TA Coach Member
- Corporate engagement events
- Hot Shots Volunteer Delivered Play (for clubs without a TA Coach Member)
- Club tournaments or events
- Book A Court launch events
- Tennis West and Club co-hosted Red Ball Competition
- Coach delivered Red Ball Competitions

What the funding will not support:

- Equipment or facility upgrades
- Member-only days or club season openers
- Individual membership fees
- Prizes, prize money, or trophies
- Alcohol, sugar snacks and unhealthy food.

Event Requirements

- The 'Healthy Club Pledge' (page 5) must be signed and displayed at all times.
- All events must serve a healthy meal and/or snack that is comprised of a majority 'green items' (listed on page 6).
- Exclusive naming rights for Fuel to Go & Play® (see Message Guide page 9)
- Must be open to the local community (no members-only events)
- All event promotions must include Tennis West, Healthway and Fuel to Go & Play® logos
- Signage (provided by Tennis West) must be displayed at all times
- Participants must follow SunSmart practices (hats, sunscreen, etc.)
- All events must be smoke-free

Application Process

- Review eligibility and requirements
- Plan your event and submit application + documents 28 days before the event
- Applications may be declined in certain circumstances, such as where the club already has a partnership with a junk-food provider (e.g., McDonald's, Chicken Treat).

If successful:

Applicants will be able to run the event as per the application, keeping your Tennis Participation Officer informed.

Within 14 days after the event, submit the final report via the link [here](#) including relevant evidence, receipts, and all invoices itemised.

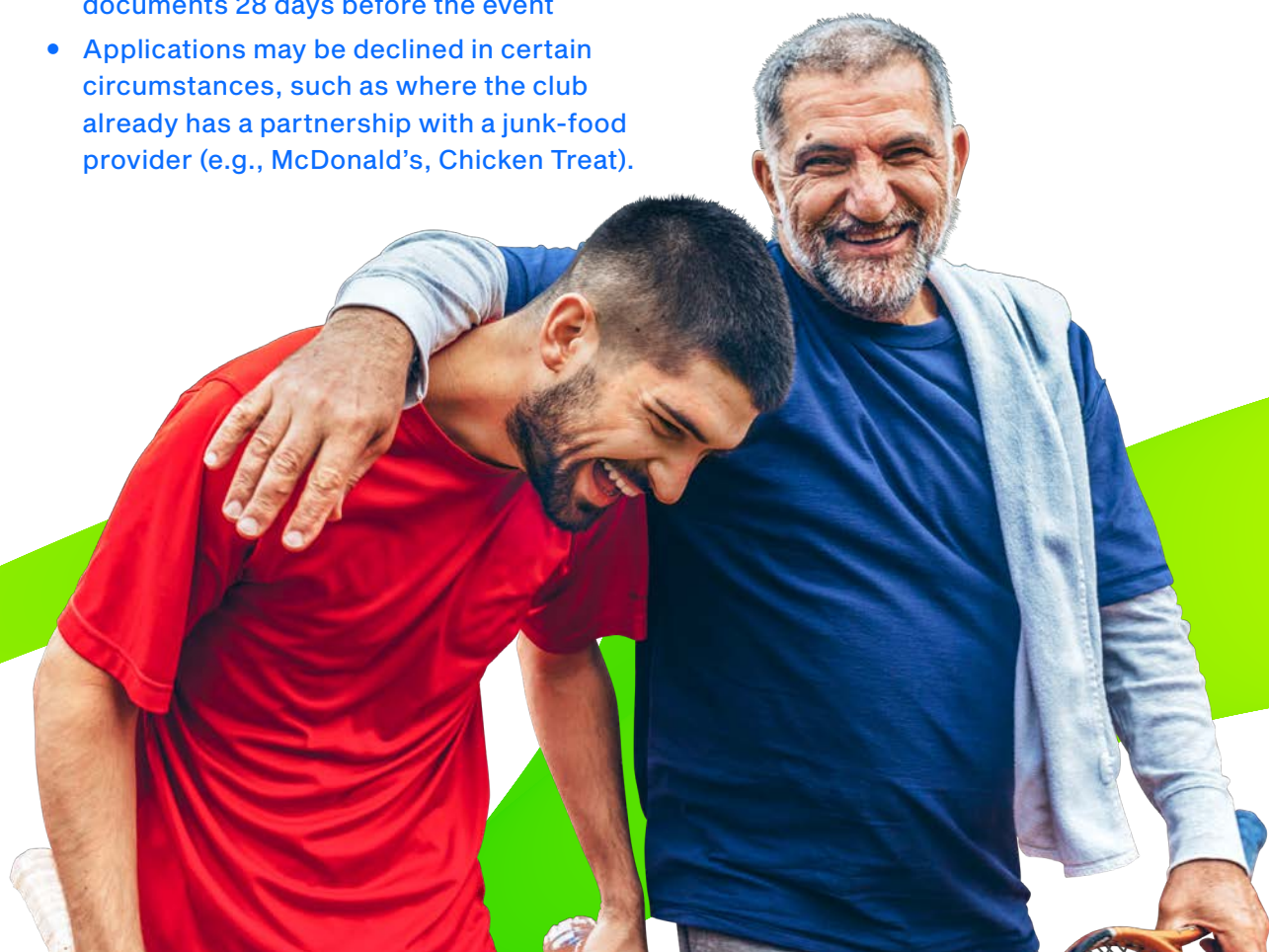
Funding is only paid once all requirements are met (Tennis West may adjust based on actual vs. proposed expenses).

Timelines

Funding is available for events held in the 2025/26 Financial Year until exhausted.

Applications must be received no later than 28 days prior to the proposed event.

IMPORTANT NOTE: All applications and acquittals are carefully reviewed, and those not meeting requirements may be declined at the discretion of the Head of Operations and Head of Tennis Participation.





HEALTHY SPORTS CLUB PLEDGE

WE VALUE THE HEALTH AND WELLBEING OF OUR MEMBERS AND ARE COMMITTED TO PROVIDING A HEALTHY ENVIRONMENT FOR THEM TO PERFORM AT THEIR BEST.



1. PROVIDING HEALTHY FOOD AND DRINK

We will have free drinking water available at all times and will offer healthy food and drinks options at our club facilities for before, during and after sport nutrition.



2. PROMOTING HEALTHY FOOD & DRINK - GRAB THE GOOD

We will;

- promote water as the drink of choice during and after sport;
- promote the Grab the Good message and encourage members to consume healthy food and drinks;
- limit the display of unhealthy food and drink options at club facilities
- display and/or distribute information about healthy eating and drinking.



3. HEALTHY CLUB CULTURE

We will encourage and support all club personnel to promote healthy eating and drinking before, during and after sport.

SIGNED:

DATE:

SANDWICHES

Wholemeal, Multigrain, White, Toasted

- Salad
- Cheese
- Cheese & Salad
- Tuna & Salad
- Chicken, Pesto & Salad
- Egg & Lettuce
- Chicken
- Ham, Cheese & Salad

SUSHI & SALADS

- Chicken Sushi
- Tuna Sushi
- California Sushi
- Chicken Salad
- Tuna Salad
- Egg Salad

HOT MEALS

- Pumpkin Soup With Bread
- Savoury Rice & Veggies
- Meat Pie
- Hot Chips (Small)
- Sausage Roll

HEALTHY GUIDE

- Fuel Up With Green
- Select Carefully
- Limit



BBQ FOOD

- **Loaded Beef Burger**
100% lean beef patty with salad, tomato, carrot, beetroot and cheese with a choice of sauce
- **Corn on the Cob**
- **Vegetable Kebabs**
- **Sausage in a Bun**
with a choice of sauce

SNACKS

- Fruit Salad
- Fresh Fruit
- Hummus & Veggies
- Cheese & Crackers
- Yoghurt
- Popcorn
- Chocolate Bar
- Lolly Bag

DRINKS

- Water
- Sparkling Water
- **Non-Sugary Drink 1**
e.g. 99% juice | 300ml or smaller
- **Non-Sugary Drink 2**
e.g. artificially sweetened can
300ml or smaller
- Chocolate Milk 300ml
- Strawberry Milk 300ml



Next Steps

Congratulations on your successful grant application!

This guide outlines what to do before, during, and after your event to meet all Healthway grant requirements.

Key Objectives

- Promote Fuel to Go & Play® healthy eating messages to players and spectators
- Provide opportunities for Western Australians to live healthier lifestyles through tennis
- Encourage behaviour change and policies that support healthy tennis environments
- Increase access to welcoming, inclusive clubs and raise the profile of tennis
- Strengthen school-to-club pathways and grow participation at all levels

Pre-Event

- Metro clubs – collect banners from Tennis West the week prior
- Regional clubs – you should have received new banners that are for you to keep for your future events
- Ensure branding is ready and included in all photos which is a requirement for your acquittal
- Promote your event with Tennis West, Healthway and Fuel to Go & Play® logos. Download the logos [here](#)



- Plan messaging (see *Healthway FTGP Messages Guide on page 9*)
- Sign and display the Healthy Clubs Pledge on page 5
- Plan healthy food/beverage options. Ideas for consideration are on page 6. If you need help, speak to your Tennis Participation Officer or check out the Fuel to Go & Play® website.
- Post at least one social media update promoting the event. Consider signage, food and your setup promoting healthy habits.



During Event

- Display Fuel to Go & Play® signage
- Deliver healthy meal and healthy messaging
- Post at least one social media update
- Take photos (consent required, hats on, the healthy meal served etc)
- Run a participant survey for feedback
- Reinforce key messages (e.g., *‘‘Fuel to Go & Play® – fuel your body with fruit, veggies, dairy and wholegrains’’*)

Post Event

- Post at least one social media update (see page 10 for social media tags)
- Submit final acquittal report within 14 days, including:
- Photos, receipts, participant feedback, testimonials, surveys etc
- Invoice (to Tennis West, NOT club/coach)
- Other supporting evidence
- Return any borrowed items to Tennis West

PLEASE NOTE: Funding is contingent on timely reporting. Late submissions may result in non-payment at Tennis West’s discretion.



Message Guide

Key Messages

- Need some Fuel to Go & Play®? We don't need sugary snacks in sport, so fuel up with healthy options instead!
- Ace your game and fuel up with fruit, veg and water. Fuel to Go & Play®.
- Be your best on and off the court, choose healthy options for the Fuel to Go & Play®.
- Fuel to Go & Play®. For the best performance, fuel your body with fruit, veggies, dairy and wholegrains.
- Choose water. Hydrate before, during and after your match for the best performance. Fuel to Go & Play®.

The reinforcement of these key messages generates discussion and creates a broader awareness assisting in promoting a healthier WA together.

Partnership Acknowledgement

Verbal announcements acknowledging Tennis West, Healthway and Fuel to Go & Play® sponsorship, including but not limited to announcements, speeches & presentations.

Media and social media - 3 posts minimum are required as part of the grant requirements. They need to include acknowledgement relating to the event/program. Don't forget to include the tagline/s you have committed to.

Examples of phrasing options which MUST include Tennis West, Healthway and Fuel to Go & Play® in the messaging:

- **Before event** (on receipt of grant approval)
"Thank you Tennis West and Healthway for your longstanding support and partnership in promoting Fuel to Go & Play®."
- **On the day of/ during event**
"Our [event name] is finally here, made possible through the ongoing partnership between Tennis West and Healthway in promoting Fuel to Go & Play. We are excited to see you all at the club today! Remember.... to be your best and on off the court, choose healthy options for the Fuel to Go & Play®."
- **Post event**
"[event name].. would not have been possible without Tennis West's ongoing grant program, supported by Healthway through Fuel to Go & Play®."

Don't forget to thank the committee, coaches, participants also for making the day a success.



Social Media Tagging

The tagging that should also be included in all social media posts are as follows:

Medium	Tennis West	Healthway	Fuel to Go & Play®
Facebook	@tenniswest	@HealthwayWA	@fueルトogoandplay
Instagram	@tennis_wa	@healthway.wa	@fueルトogoandplay
LinkedIn	@tenniswest	@Healthway	
Other tags to include for all posts	#creatingahealthierWatogether	#HealthwayWA	

Banner Placement

Ensure branding banners are displayed in locations to maximise exposure of the Healthway and Fuel to Go & Play® messages, including but not limited to;

- Venue entry/exit points
- High traffic areas
- Around the perimeter of the venue or activities
- Near the food and beverage areas

Photo Recognition

- Ensure photos taken to promote the event reflect the Healthway and Fuel to Go & Play® messaging (ie: healthy food photos, no alcohol in the photos, everyone in each photo are wearing hats if in the sun etc)
- Ensure the chosen menu and healthy food options are clearly detailed for the photos requirement, documenting this in the event acquittal
- If taking posed shots in front of banners please ensure the banner is still visible behind people
- Remember to consider photo consent from your attendees as photos submitted to us will be passed onto Healthway to be used for promotional purposes.