

# WHEELCHAIR TENNIS FAQs

## 1. What does the LTA do?

The LTA is the National Governing Body for tennis in Great Britain, Channel Islands and Isle of Man. We are here to govern and grow tennis, from grassroots participation through to the professional game. We play an important part in ensuring the popularity and future of our sport. Our vision is Tennis Opened Up; we're working towards where tennis is truly a sport for all.

## 2. How can I get involved in playing Wheelchair Tennis?

If you have a physical impairment and want to give tennis a go in a friendly, fun, sociable and inclusive environment, you can do so by attending one of our Wheelchair Initiative days that are led by LTA Wheelchair Performance Pathway staff. These days will cater for all abilities and will provide you with inspirational, aspirational and inclusive experiences to help you on your tennis journey.

Furthermore, we have a great relationship with the Disability Development Team. They work closely and provide support to counties, clubs and venues across the Great Britain that delivers disability specific and/ or inclusive Wheelchair Tennis sessions. If you want to find out where your nearest session takes place, please email [disabilitytennis@lta.org.uk](mailto:disabilitytennis@lta.org.uk).

## 3. What are the benefits to playing Wheelchair Tennis?

One of the best things about Wheelchair Tennis is that you can play with other disabled people who have a similar impairment and also with non-disabled people. You can play tennis with your family and friends anywhere. Additionally, Wheelchair Tennis improves your physical and mental wellbeing and provides opportunities to meet new people and make new friends.

## 4. Do I need to be a wheelchair user to play Wheelchair Tennis?

**No.** Anyone with a physical impairment can play Wheelchair Tennis. Most players who play Wheelchair Tennis do not use day chairs.

## 5. Are there different divisions of Wheelchair Tennis based on level of physical impairment?

**Yes.** Wheelchair Tennis has two divisions:

**Open Division:** players have a permanent, substantial or total loss of function in one or both legs. They do not however have impaired upper body function.

**Quad Division:** players with a permanent physical disability that results in a substantial loss of movement in one or both of their legs along with one or both of their arms.

**Having different divisions in Wheelchair Tennis allows for a more inclusive, accessible, and fun environment for equal playing opportunities.**

6. Will tennis venues provide equipment for me to use?

**Yes.** All Wheelchair Tennis delivery venues will have the appropriate equipment for you to use if you do not have your own.

7. If I don't have my own equipment, such as: racket and wheelchair, can I buy these?

**Yes.** You can buy rackets from any tennis brand and a sports wheelchair from any specialised manufacturer. The LTA Wheelchair Performance or Disability Development Team can provide guidance on appropriate equipment.

8. What does the LTA Wheelchair Performance Pathway Team do?

The LTA Wheelchair Performance Pathway Team is directly responsible for the Wheelchair Player Pathway and supporting selected performance pathway players achieve Grand Slam, Paralympic and Major Event successes. The support varies based on the stage which you are at from coaching, strength and conditioning, psychological support, nutritional guidance and sports science & medicine.

9. What is the LTA Wheelchair Player Pathway?

The Wheelchair Player Pathway is a seamless pathway for tennis champions that nurture people, teams and leaders. Players on the pathway will start at our entry level covering development and are then selected to progress up each age and stage based upon individual circumstances and meeting selection criteria.

10. How can I get onto the LTA Wheelchair Player Pathway?

The first opportunity is to attend one of the LTA's Wheelchair Tennis Initiative Programme days. To find out when the next Wheelchair Tennis Initiative day is taking place and further information, please visit our website [www.lta.org.uk](http://www.lta.org.uk) or email [disabilitytennis@lta.org.uk](mailto:disabilitytennis@lta.org.uk).

11. If I get selected onto the Wheelchair Performance Pathway, what happens next?

The Wheelchair Talent Pathway Manager will be in touch directly to arrange a discussion about next steps. We will work with you to set up a programme and ensure you are provided with appropriate signposting opportunities into an identified venue and coach within a reasonable driving distance to where you live.

12. What if I don't get selected onto the Wheelchair Performance Pathway but I still really want to play Wheelchair Tennis, what should I do?

You can still learn to play wheelchair tennis and perform to a high standard. We have a fantastic relationship with our Disability Development Team and inclusive clubs across Great Britain where we will work together to provide the best offer for you to develop as an individual and player. Your development may lead to having the opportunity to represent your country at events.

13. I don't live close to a Wheelchair Initiative Programme day, how can I be seen by the LTA?

If you do not live near a Wheelchair Initiative day, please contact the LTA. We would love to work with anyone that wants to take up Wheelchair Tennis.

14. How can I start playing competitions?

You can start playing competitions straight away. The LTA runs domestic competitions throughout the year and across Great Britain. If you are interested in competing, please visit the [LTA Disability Competitions Page](#) or email [disabilitycompetitions@lta.org.uk](mailto:disabilitycompetitions@lta.org.uk).

15. Do you run separate junior and adult Wheelchair Tennis Competitions?

**Yes.**

16. Can I compete internationally in Wheelchair Tennis?

If you are interested in competing in Wheelchair Tennis Internationally, please contact a member of the LTA Wheelchair Performance Team or email us at: [disabilitycompetitions@lta.org.uk](mailto:disabilitycompetitions@lta.org.uk)

Any questions that are not listed above, please contact the LTA at [disabilitytennis@lta.org.uk](mailto:disabilitytennis@lta.org.uk) or by completing the online query [form](#).