

TENNIS WALES  **TENNIS CYMRU**



NATIONAL PERFORMANCE PROGRAMME 2024

NATIONAL TRAINING IN WALES

Tennis Wales has developed a national training programme to help Wales' top players to become champions. We provide subsidised performance support & training as well as regular communication to Welsh players who are based in Wales, GB and overseas.

What does our national training programme provide?

- Subsidised bi-annual camps, where the best players in Wales come together with world class training in a highly motivating & inspirational tennis environment.
- On court coaching from leading Welsh performance tennis coaches and expertise from top British and international coaches.
- Player development the 'Welsh Way' with analysis and feedback to players and their support teams to help them progress on their journey.
- Regular squad-based training sessions for best junior and adult wheelchair players with Will Croft, our National Wheelchair Coach.
- Complimentary and discounted Tennis Wales kit & clothing from sponsors and partners at Castore & HEAD, with regular communication from the Tennis Wales performance team.



Evan Hoyt, Wimbledon
Quarter-Finalist 2019

PLAYING FOR WALES

Wales is not recognised by the International Tennis Federation (ITF) as a tennis nation in its own standing and as such Welsh players compete for Great Britain in major team events such as the Olympics, Davis Cup, Billy Jean King Cup, and the World Team Cup which is wheelchair tennis' equivalent.

There are opportunities to play for Wales outside of this, and it is a very proud moment when any player does so.

What events can I play for Wales?

- Commonwealth Games, Commonwealth Para Sport Programme and Commonwealth Youth Games (when tennis is included)
- Junior & Senior Four Nations (annually)
- International friendly matches
- Domestic friendly fixtures against GB based counties, regions and nations
- School Games National Finals – Wheelchair tennis

Please [click here](#) to read the eligibility criteria to represent Wales

HIGH PERFORMANCE TOURNAMENT TRIPS

Tennis Wales organises trips to domestic performance tournaments where any Welsh players accepted can come together as Team Wales. These trips are subsidised for players and often lighten the load for parents needing to take time off work to travel with their child. The trips also enable players to travel independently with performance tennis coaches.

Our performance trips include British National Championships, domestic LTA Grade 1 & Grade 2 competitions, Tennis Europe and ITF competitions as well as Junior Grand Slams.

How do I take part in trips or receive coach support at tournaments?

Tennis Wales will communicate any opportunities available on a regular basis and you are always welcome to request support from us to support you at a tournament.

Coaches can also apply to our tournament support fund to receive grants to help them to travel to national and international level competition with their players.



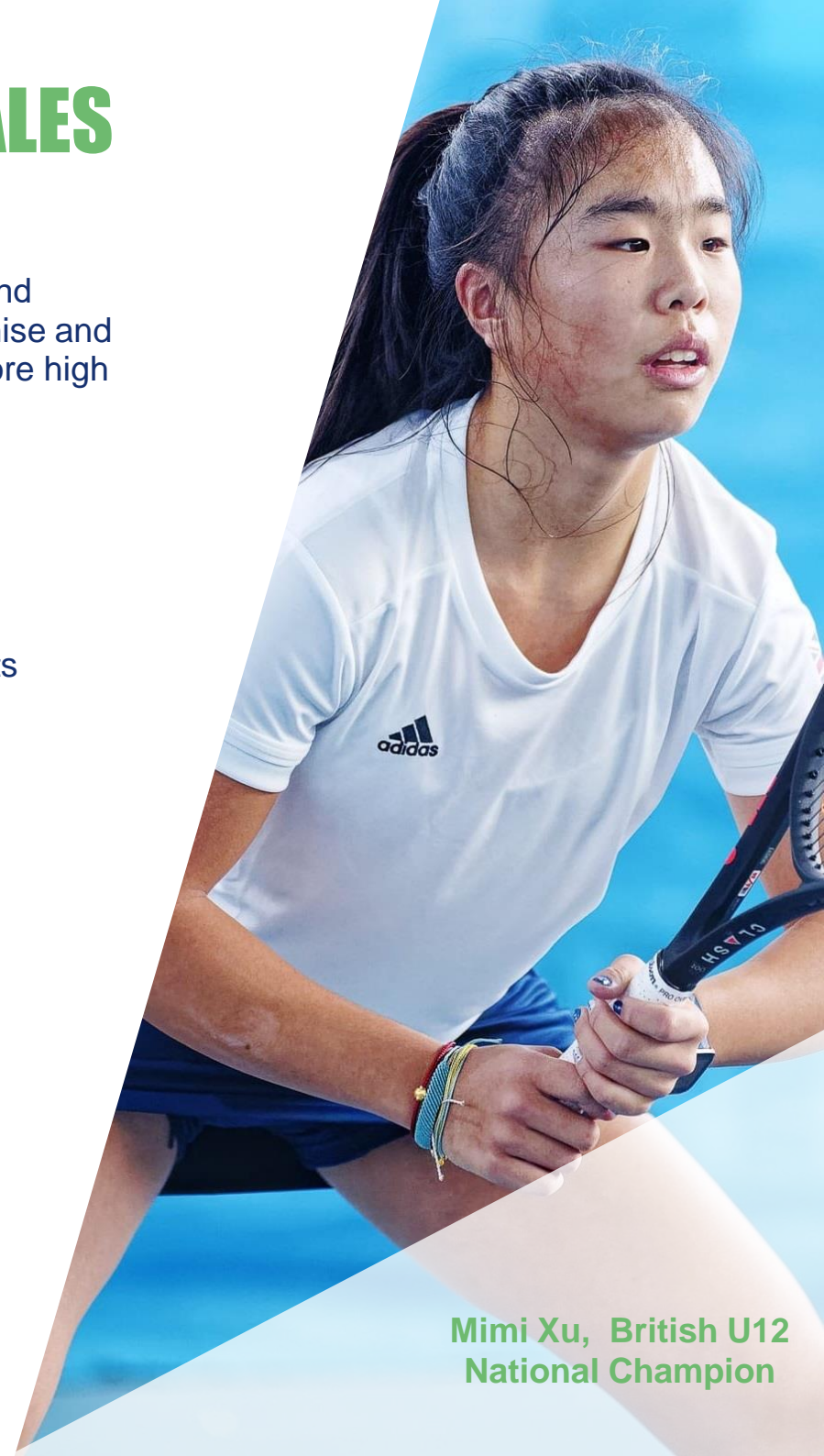
Finn Murgett, British
U18 National
Champion

PERFORMANCE TOURNAMENTS IN WALES

We're committed to working with Welsh tennis venues, sponsors, partners and organisers to host high level competitions here in Wales. Our aim is to organise and host more high level competitions in Wales, providing Welsh players with more high level opportunities to compete.

Performance events in Wales;

- British Tour events in Newport (Tier 2)
- VI Nationals, ITF3 Wheelchair event and 4 regional disability tournaments
- Welsh Junior Open event in Wrexham (grade 2)
- Cymru National Championships
- Welsh Seniors ITF (ITF Cat 4 event)
- U12 & U14 Tennis Europe events in Wrexham
- U18 ITF event Newport



Mimi Xu, British U12
National Champion

PERFORMANCE COACH DEVELOPMENT

Our National Performance Programme includes support to bring together, train and share best practise between performance tennis coaches working across Wales. We provide a calendar of CPD for coaches working with disabled and non-disabled performance players, and link with the LTA to provide world class opportunities for our coaches in Wales.

Performance coach support in Wales;

- Coach bursaries to achieve performance tennis qualifications.
- CPD and one day performance training courses.
- Opportunities to captain county, national & international teams.
- Access to LTA & Tennis Wales mentoring programmes.
- International opportunities through the LTA.



Fran Lewis, UK
Coaching, Coach of
the Year

PLAYER FUNDING GRANTS

In collaboration with our partners, sponsors and Sport Wales, we provide grant funding to support disabled and non-disabled high performance tennis players in Wales.

Funding grants available

- Elite Cymru, available to Welsh players playing professional tennis or on a journey towards that, with grants coordinated by Tennis Wales and funded via Sport Wales.
- Individual Funding Grants, available to Welsh players who are playing at a national and international level and are committed to an annual training and competition plan, grants coordinated by Tennis Wales and funded by Sport Wales and other partners.
- Player grants available to wheelchair players who are deemed to be at a Performance or High-Performance levels within our pathway.

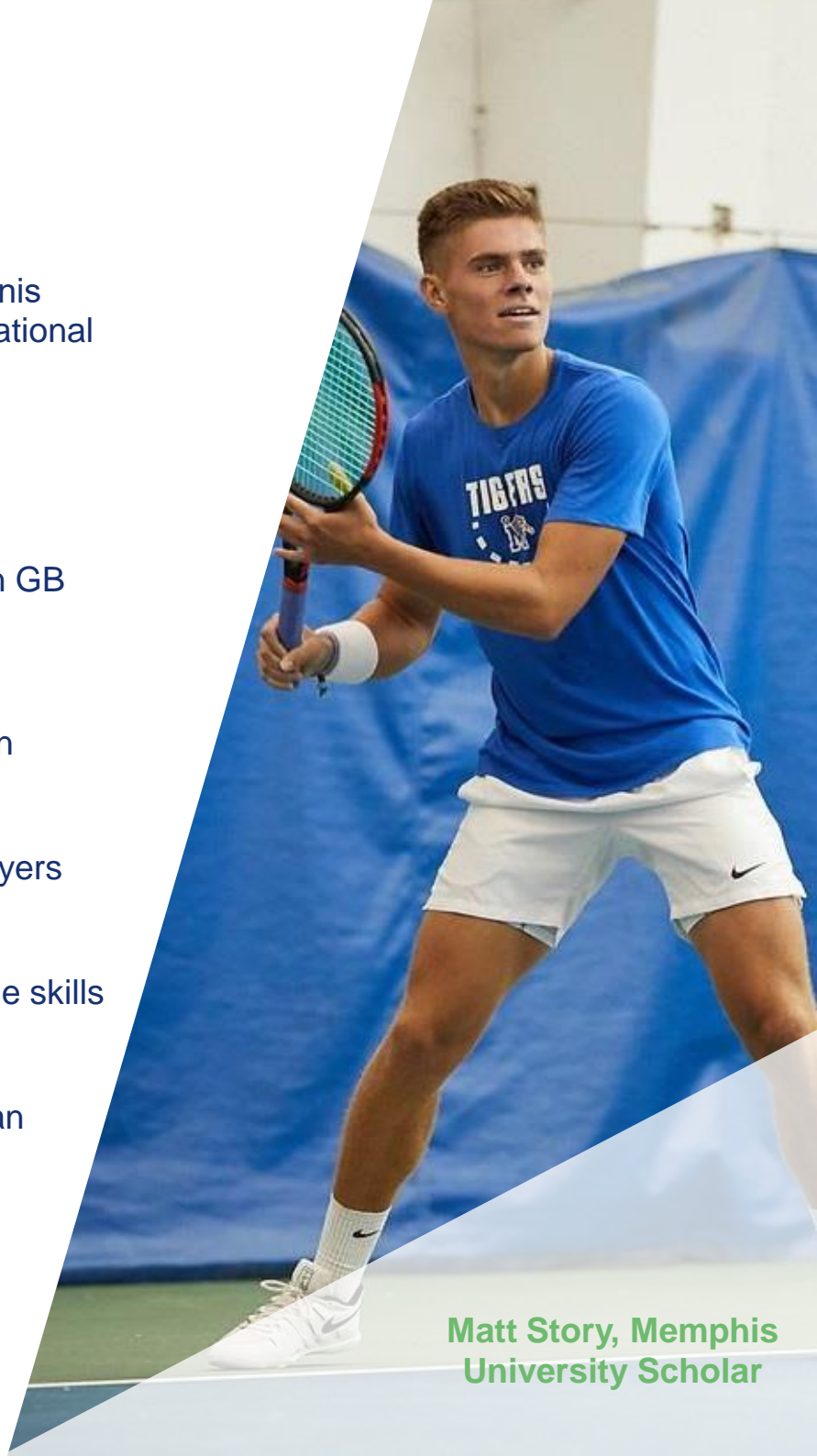


PLAYER & PARENT SUPPORT

We know how important communication is and we're committed to giving tennis players and their parents the best information available to us. Through our National Performance Programme, we'll provide bespoke training, forums and online content.

What type of support is available?

- Online webinar for parents & players looking at University opportunities in GB and overseas, including how to apply, scholarships and important considerations.
- UK anti-doping forum, providing our top players with important information related to playing an international sport.
- Forum linked to safe & professional use of social media, ensuring our players are safe & professional when presenting themselves online.
- Advice for developing the right parental support, providing parents with the skills and knowledge to help players to achieve their potential.
- Advice and support around UK and international competitions to ensure an understanding of the next competitive level on the pathway.



**Matt Story, Memphis
University Scholar**

ANSWERING YOUR QUESTIONS

If you have any questions about the National Performance Programme and the support from us here at Tennis Wales, please contact Chris Lewis, Head of Performance.

CHRIS LEWIS

HEAD OF PERFORMANCE

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