

Gosling Tennis Academy RPDC Programme

The following document outlines Gosling Tennis Academy RPDC programme options and programme costs.

Gosling Tennis Academy RPDC Team:

- **Director of Tennis:** Dave Airey
- **Head Coach:** Jamie Evans TBC
- **Assistant Coach:** Davor Beretic TBC
- **Head of S&C:** Daz Drake (APA)
- **Head of Sports Science & Medicine:** Sergio Gomez-Cuesta

RPDC FULL TIME PROGRAMME: £460 per month direct debit (£5520 per year)

Programme Management

Individual programme management of all aspects of players programme, including player development planning, tournament strategy planning and analysis, integration of support team to maximise player development.

Individual Tennis

Minimum of 2 individual tennis sessions per week (Term time 39 weeks) additional training opportunities outside term time are also included

Squad Access

Access up to 10 hours of squad training each week, 5 days a week (50 weeks a year)

Strength and conditioning

Group S&C training 5 hours a week (50 weeks a year) plus x1 individual S&C session per week (term time 39 weeks)

Tournament support

Domestic and international tournament support to fit player's needs throughout the year (term time + non term time)



Integrated Sports Science & Medicine Support

Integrated Sports Science and Medical support including:

- Preventative physiotherapy screenings
- Strokes biomechanical video-analysis for performance & injury
- Integrated technical skills improvement strategies
- Interdisciplinary team meetings where performance, workload, wellness and injury risk factors are analysed and integrated

Additional benefits:

- Priority access to tennis specific physiotherapy treatment with Sergio Gomez-Cuesta at additional cost
- Access to a network of medical sport consultants as needed at additional cost
- During the rehabilitation period all the training factors will be integrated by Sergio, by liaising with the rest of the team, to maximise on court tennis training and fitness training. This will minimise the impact that this period could have on the player's tennis development.

RPDC ACCESS PROGRAMME

- **2 squads per week access: £92 per month direct debit**
- **3 squads per week access: £138 per month direct debit**
- **4 squads per week access: £184 per month direct debit**
- **5 squads per week access: £230 per month direct debit**

A squad access includes 2 hours Tennis and 1hr Strength & Conditioning. RPDC access players must do minimum of 2 squads per week to eligible.

Squad Access

Access up to 10 hours of squad training each week (50 weeks per year)

Strength and Conditioning

Access to group 5 hours strength and conditioning during squad sessions each week (50 weeks per year)

Added value

By signing up to the access package you have the opportunity for individual tennis sessions at an additional cost.



Programme

The LTA RPDC programme at GLL Gosling Sports Park is offered over 39 term time weeks and split into 2 sections: a Full Time programme and an Access programme. The full time programme will run over 39 term time weeks (see dates below) with an additional 11 weeks of holiday squad training. Individual support will be offered outside term time weeks to suit the players' needs at discretion of RPDC team. The access programme will run over 50 weeks

TERM DATES:

Term time: 4th September - 23rd October 2023

Holiday training: 23rd - 27th October 2023

Term time: 30th October – 15th December

Holiday Training: 18th – 22nd December

Term time: 2nd January – 16th February

Holiday Training: 19th – 23rd February

Term time: 26th February – 29th March

Holiday Training: 1st April – 12th April

Term time: 15th April – 26th May

Holiday Training: 27th – 31st May

Term time: 3rd June – 19th July

Holiday Training: 21st July – 23rd August



Tournament trips

For full time players' tournament support is included within the programme cost. Parents will pay a proportion of the coaches' expenses divided by the number of players accessing support. These costs will be clearly communicated via email before the trip commences. For access players' tournament support can be requested at an additional cost per day plus expenses divided by the number of players accessing support. Again these costs will be clearly communicated before the trip commences.

Private lessons

For the Full Time players there will be no additional charge for individual lessons outside the 39 term time week programme but these will be at the discretion of the coaching team. Outside the package allocation, full time players can access individual S&C sessions at an additional cost. Access players can purchase individual tennis sessions and S&C sessions at an additional cost. For cancellation of individual sessions purchased outside the Regional programme, 24hrs notice will be required otherwise sessions will be charged at the individual session rate.

Payment Terms

Programme payment will be made by monthly direct debit over 12 months to GLL Gosling Sports Park and subject to all terms and conditions.

