



Gippsland Sports Academy
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Information Sheet - 2026 Tennis Program

Gippsland Sports Academy (GSA) will again run its Tennis Program in 2026 with Nicole Bauer as Head Coach.

Athletes offered a place in the squad will get the opportunity to attend 7 coaching days in 2026, participate in Sport Science sessions provided by the GSA and participate in the Annual Inter-Academy Challenge

Please see below a brief overview of the program:

Trial Day	Date: Sunday 9th November 2025 Venue: Traralgon Tennis Courts Time: 1pm – 4.00pm Please register via link below: https://tennisvic.wufoo.com/forms/2026-regional-academy-of-sport-trials-gippsland/
Induction Day	Date: Sunday 7th December 2025 Venue: TAFE Gippsland Yallourn Campus John Field Drive Newborough Time: 9.00am – 3.00pm
Acceptance of Offer	An Invitation letter will be sent to successful athletes by no later than Friday 21st November Enquiries: Jude Bergmann – judeb@sportgippsland.org.au Phone: (03) 51270174
Uniform Requirements	A full uniform is required to be ordered - polo, short, jacket and pants, if you do not already have one. Athletes are to wear their GSA uniform at all sessions. No Club uniforms are to be worn at GSA sessions. Additional optional merchandise items are also available to purchase • Uniform is to be ordered, and paid for, online • Uniform will be delivered to the first training session

INVESTING IN ATHLETE EXCELLENCE

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Sessions to be held	Proposed dates below: <table><tr><th>Date</th><th>Time</th><th>Venue</th></tr><tr><td>8th Feb 2026</td><td>10am - 3pm</td><td>Traralgon</td></tr><tr><td>15th Mar</td><td>10am - 3pm</td><td>Sale</td></tr><tr><td>19th April</td><td>10am - 3pm</td><td>Inverloch</td></tr><tr><td>TBC June</td><td>12pm - 4pm</td><td>Melbourne</td></tr><tr><td>14th June</td><td>9.30am - 3.30pm</td><td>Bairnsdale</td></tr><tr><td>16th Aug</td><td>10am - 4pm</td><td>Leongatha</td></tr><tr><td>13th Sept</td><td>10am - 3pm</td><td>Drouin</td></tr><tr><td>TBC Oct</td><td>9:30am - 5:30pm</td><td>TBC</td></tr><tr><td>8th Nov</td><td>9am - 3pm</td><td>Traralgon</td></tr></table> ACE Day – 14th April 2026	Date	Time	Venue	8th Feb 2026	10am - 3pm	Traralgon	15th Mar	10am - 3pm	Sale	19th April	10am - 3pm	Inverloch	TBC June	12pm - 4pm	Melbourne	14th June	9.30am - 3.30pm	Bairnsdale	16th Aug	10am - 4pm	Leongatha	13th Sept	10am - 3pm	Drouin	TBC Oct	9:30am - 5:30pm	TBC	8th Nov	9am - 3pm	Traralgon
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Strength and Conditioning sessions	• 2 x Fitness Testing sessions • 2 x Face to face session - S & C sessions to be held in Bairnsdale, Sale, Traralgon & Warragul (based on athlete home address) from Feb – Nov 2026 • Individual Home programs based on Musculo Skeletal screenings and logged through TeamBuildr This is a critical component of the program, attendance is expected.																														
Musculo-Skeletal Screening	All athletes new and returning who have not been assessed in the past 12 months must undergo a musculo-skeletal screening. *More information will be supplied in the athlete invitation																														
Cost & Payment	To be advised in invitation letter Inter Academy Challenge \$40 – payable in Oct 2026 This levy does not include uniform costs or travel costs. Fees will be invoiced upon acceptance of your position in the program *NOTE: Final costs are determined by the final number of athletes that accept their position with the Academy.																														

Sport Integrity Australia (ASADA)	• All athletes will have a presentation on Sport Integrity Australia • All athletes MUST complete the required Sport Integrity Australia level: - New athletes to complete Clean Sport 101 - 1st year athletes to complete level 1 - 2nd + year Returning athletes to complete level 2 • The link is: https://elearning.sportintegrity.gov.au/login/index.php Completion of Sport Integrity is a requirement by the Victorian Institute of Sport and Sport and Recreation Victoria and therefore must be completed to be eligible for graduation.
Expectations of Athletes	Athletes are expected to attend all Academy activities, where possible, this involves committing to: ➤ Attend all training sessions except athletes who have an agreement with the GSA Head Coach to attend State or National opportunities. ➤ Follow the strength and conditioning program, including completing components at home & face to face sessions. ➤ Attend other Academy functions such as: - ACE Day April 14th 2026 - Awards evening Friday 7th May 2027 ➤ The coaches are contracted to review and gauge the athlete's progress. If the coaches are adamant that an athlete is disruptive to the group or not suited for the program, then the Academy has the right to revoke that athlete's membership ➤ Register as a member of Tennis Vic