

**Gippsland Sports Academy** PO Box 282 Newborough Victoria tel: (03) 5127 0223

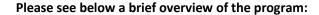
email: anitap@sportgippsland.org.au www.sportgippsland.org.au

## Information Sheet - 2026 Tennis Program

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

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

















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 21 <sup>st</sup> November			
	Enquiries: Jude Bergmann – <u>judeb@sportgippsland.org.au</u>			
	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			
	<ul> <li>Uniform is to be ordered, and paid for, online</li> <li>Uniform will be delivered to the first training session</li> </ul>			

## INVESTING IN ATHLETE EXCELLENCE







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Sessions to	Proposed dates below:				
be held	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	ТВС		
	8th Nov	9am - 3pm	Traralgon		
	_	•			
	ACE Day – 14 <sup>th</sup> April 202	06			
	ACE Day - 14" April 202	20			
Strength	2 x Fitness Testi	ing sessions			
and	• 2 x Face to face session - S & C sessions to be held in Bairnsdale, Sale,				
Conditioning	Traralgon & Warragul (based on athlete home address) from Feb – Nov 2026				
sessions	Individual Home programs based on Musculo Skeletal screenings and logged				
	through TeamB	uilar			
	This is a critical component of the program, attendance is expected.				
		от те ргодиши, стопас			
Musculo-	All athletes new and ret	curning who have not been a	ssessed in the past		
Skeletal	12 months must undergo a musculo-skeletal screening.				
Screening					
	*More information will be supplied in the athlete invitation				
Cost &	To be advised in invitati	To be advised in invitation letter			
Payment					
-	Inter Academy Challeng	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 of position with the Ac	•	ber of athletes that accept their		

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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 7<sup>th</sup> 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