

INVITATION for : AO players

Surface : AO surface (greenset)

Place : Signature Slam Academy SSA &

Rydges Resort Hunter Valley

Available : 4'th Dec 2023 - 14'th Jan 2025

RSVP by : 15'th Nov 2023

ADOPT NURTURE DELIVER

Doctors Advisory For - Fitness & Heat Acclimatisation (HA) before AO



Dr Douglas Hor M.B. B.S.
Artarmon Medical Centre

Dr Douglas Hor is primary care physician with over 44 years of experience in musculoskeletal medicine and an experienced tennis player. He has served as the on court doctor in Davis Cup ties and the Sydney International Tennis and treats sports injuries on a daily basis.



FITNESS + HA = AO

1

Heat Acclimatisation (HA) : Consistent exercise in the heat and humidity of the competition country induces cardiovascular and physiological improvements that optimise exercise performance.

2

The Australian Tennis Open (AO) is the unique amongst the Grand Slams in that Melbourne's HEAT and HUMIDITY can cause tennis players to not produce enough sweating for adequate cooling and high humidity may prevent adequate evaporation of sweat.

3

The Australian Open is the only Grand Slam enforcing a heat policy with the AO Heat Stress Scale and the Extreme Heat Policy. This was invoked in this years 2023 AO when temperatures hit 36 degrees with court surface temperatures being 15-20 degrees higher.

4

Consecutive daily exercising to invoke profuse sweating and a body temperature of 38.5 for a minimum 60-90 minutes for >9 days will improve major performance parameters and improve exercise heat performance and endurance .

5

This lowers heart rate, lowers core temperature and allows a higher sweat rate especially critical for the heat of the Australian Open in Melbourne.

6

Tennis players at the Australian Open have to perform many short bursts of intense movements at high body temperature in high humidity.

7

The Acapulco Open in 2022 and 2023, demonstrated that even notably fit players can suffer persistent muscle cramping and impaired performance from heat stress injury.

All tennis players wanting to progress in the Australian Open tennis season
SHOULD SPEND A MANDATORY 7-10 DAYS HEAT ACCLIMATISING IN AUSTRALIAN CONDITIONS of
high temperatures and humidity to reduce heat exhaustion and heat stroke.

Venue

6 (to be 10) WTA/ATP size AO surface courts

Exact Same GREENSET surface as AO

Same applicators as AO for GREENSET

Digital step up lights - Grand Slam/WTA/ATP standard

In the middle of Vineyard

By the Pond/Dam

Rydges Resort Hunter Valley precinct

With 18 holes golf course

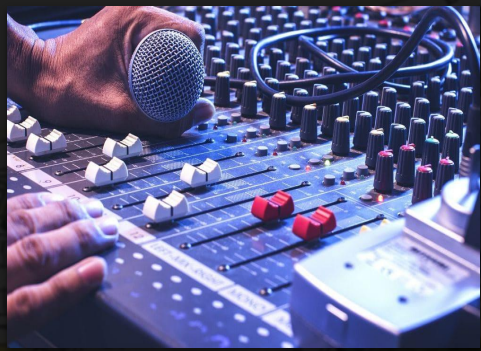
100 meters from Cessnock Airport

Villas living, Toy & activities trains, Merry go round, Water Park

Ample outdoor space, Gymnasium, Lap Pool, Ice Bath & Sauna

In COMPLETE PRIVACY

State-of-the-art courts



Equipped with
audio visual
technology



Tennis
simulators



Speed guns



Integrated with
loudspeaker
sound system



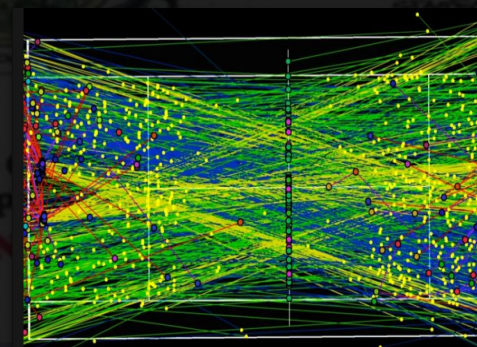
Automated
line calling



Livestream or
record
practice/match



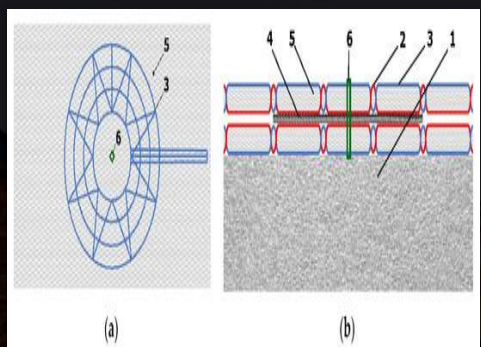
Coaches wired
with bluetooth
headsets



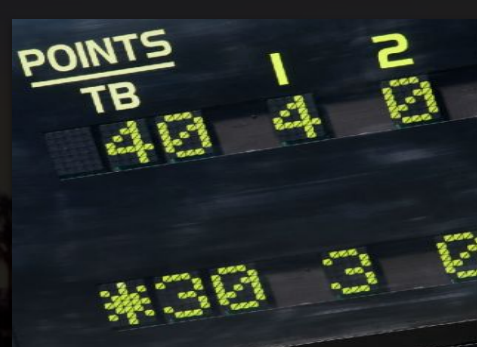
Automated
match scoring



Software
integration with
open API



Playing lines
embedded with
sensors



"Follow me"
feature to
gather
practice or
match data



Encrypted data
hosting on secure
server with
redundancies



Foot plates to
measure load &
weight transfer



Interactive
multimedia
shots analysis
screens

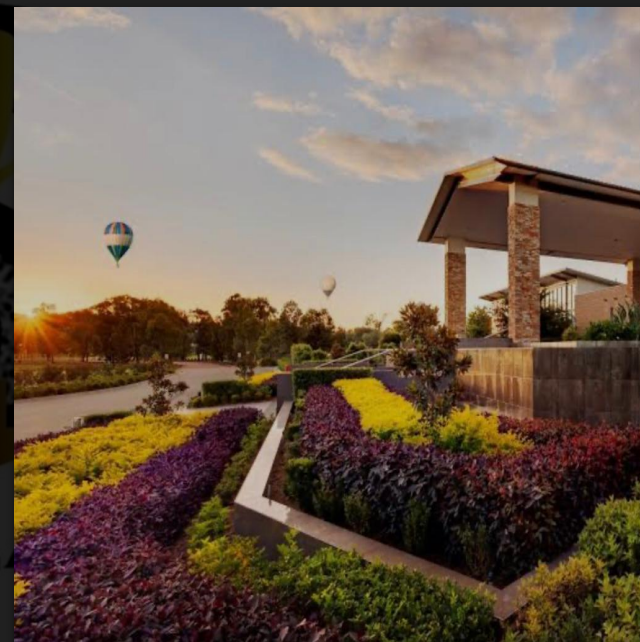


Step up digital
lights of WTA/ATP
Grand Slam
standard

Rydges Resort Hunter Valley



Rydges Resort Hunter Valley



Rydges Resort Hunter Valley



SIGNATURE SLAM ACADEMY

<https://www.rydges.com/accommodation/regional-nsw/hunter-valley/>

Seaplane Ride Sydney - Hunter Valley



Seaplane Ride Sydney - Hunter Valley

