

Interreg



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IPA South Adriatic

INTREPID

MEMORANDUM OF UNDERSTANDING

Between:

Tennis Club San Vito (IT), the Lead Partner (LP),

Qendra One (AL), Project Partner,

Teniski Klub Nec (MNE), Project Partner.

Date: 30th June 2025

MEMORANDUM OF UNDERSTANDING

Parties:

- Tennis Club San Vito (IT), the Lead Partner (LP),
- Qendra One (AL), Project Partner,
- Teniski Klub Nec (MNE), Project Partner

RECITALS

The Memorandum of Understanding is intended to ensure continuity and further support the ongoing development of the INTREPID (Interregional teNnis TRaining including pEoPle with Disabilities) project, co-funded by the Interreg IPA South Adriatic 2021-2027 Programme, a project that responds to the need to identify actions and strategies to ensure the inclusion of disabled people in tennis and beyond, with a view to integrated management.

The aim of this MoU is to make the interregional community aware of the issue of sport for the disabled, to highlight the great value that tennis and related variations (Table Tennis; Badminton; Padel; Pickleball; Beach Tennis; Squash; Racquetball) can also have for these people, also trying to integrate them with the able-bodied.

The general objective of the MoU is to guarantee an improvement in the quality of life of people with disabilities through a protected and temporary sporting crossborder and innovative path, aimed at achieving self-esteem.

The parties covenant and agree as follows:

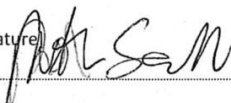
1. **Tennis as a Tool for Inclusion and Integration:** The parties recognize and agree that tennis is an important tool for the integration and inclusion of all people at risk of marginalization, including people with disabilities, allowing them to understand their body in all its potential, placing it in a positive perspective to be valued and made to express and not as an obstacle and impediment; in this sense it revolutionizes their point of view, providing hope and new goals. Sport assigns everyone a role, a precise task in a collective context, thus managing to break down the walls that are created on the outside, because in sport everyone is equal.
2. **Continuity, Enhancement, and Adaptation of INTREPID Training Models:** The Parties hereby agree to ensure the continuity, further development, and adaptation of the "Basic Training Course on techniques and models of approach to tennis" and the "Advanced Training Course on techniques and models of approach to tennis" developed within the framework of the INTREPID project. This includes collaboratively working on improvements and updates to the content, methodology, and delivery of these training models, considering the specific aspects of adaptive tennis as outlined in the provided manual, and considering guidelines from organizations such as the ATP. This also involves adapting the models to promote inclusion at all levels, from introductory stages to more advanced training for specialized technicians.
3. **Promotion of Comprehensive Inclusive Practices for Tennis and Derived Sport:** The Parties shall continue to actively promote comprehensive inclusive tennis practices (and related

variation such as: Table Tennis; Badminton; Padel; Pickleball; Beach Tennis; Squash; Racquetball) encompassing individuals with and without disabilities, aiming for integrated management. This will involve leveraging tennis as a significant tool for the integration and inclusion of all individuals, especially those at risk of marginalization, increasing awareness of the value of sport for people with disabilities, and actively working towards their integration with able-bodied individuals within tennis clubs and activities. This includes promoting projects aimed at young people with disabilities.

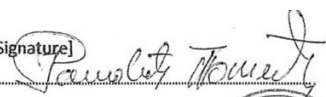
4. **Collaboration, Exchange of Best Practices, and Knowledge Sharing:** The Parties commit to ongoing collaboration, the exchange of future best practices, and comprehensive knowledge sharing in the field of inclusive tennis (and derived sport) training. This includes, but is not limited to, sharing insights, methodologies, and resources related to the design and implementation of training courses, the development of new strategies and techniques for inclusion, pedagogical approaches, and advancements in technical and tactical training specific to adaptive tennis and derived sport. Collaboration will also extend to understanding and implementing effective communication strategies between instructors and athletes with disabilities.
5. **Engagement and Participation of Diverse Stakeholders:** The Parties recognize the paramount importance of engaging a wide range of relevant stakeholders in the sustained development and delivery of inclusive tennis training. This includes actively fostering the participation of tennis coaches (including national technicians and potentially international teachers), experts in motor and mental disabilities, ATP level tennis players, psychologists (considering the integration of mental skills assessment as piloted), and representatives from national tennis federations (such as the Federazione Italiana Tennis, acknowledging their investment in the development of adaptive tennis and their support for tennis schools).
6. **Development of Innovative and Specialized Training Initiatives:** The Parties agree to proactively explore and develop new, innovative, and specialized training initiatives that build upon the foundational work of the INTREPID project. This may include the creation of specialized modules focusing on technique and technologies for diverse target groups and disability types and the exploration of cross-border training opportunities and the potential for specialized courses for adaptive tennis technicians.
7. **Focus on Technical Support, Equipment Adaptation, and Safe Practices:** Recognizing the unique requirements of adaptive tennis, the Parties will collaborate on aspects related to technical support, equipment adaptation (including wheelchairs and assistive devices), and the promotion of safe practices during training and play. This includes sharing knowledge on the technical characteristics of adaptive sports and the importance of proper setup for athletes with different needs.
8. **Emphasis on Specialized Pedagogical Progression for Adaptive Tennis and Derived Sport:** The Parties will focus on refining and disseminating specialized pedagogical progressions tailored for teaching adaptive tennis, considering the fundamental differences in movement and technique compared to stand-up tennis. This includes the development of “Push-Shot” skill instead of “Step-Shot” and the stages of learning from static hitting to dynamic play and match situations.
9. **Integration of Communication and Psychological Considerations:** The Parties will further integrate the importance of effective communication and psychological considerations into the training models. This includes understanding how to relate to athletes with disabilities, fostering trust and empathy, and promoting a positive and inclusive learning environment.

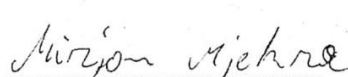
10. **Exploration of Legal and Regulatory Frameworks and Organizational Development:** The Parties will explore relevant legal and regulatory frameworks related to disability and sport (such as "LEGGE 5 FEBBRAIO 1992, N° 104") and share knowledge on organizational development strategies for inclusive tennis programs, including potential funding sources and promotional activities.
11. **Sustainability, Scalability, and Wider Dissemination:** The Parties will collaboratively work towards ensuring the long-term sustainability, scalability, and wider dissemination of the inclusive tennis (and derived sport) training ecosystem and collaboration paradigm fostered by the INTREPID project. This involves exploring opportunities for broader reach of the training models, potentially through digital platforms and partnerships with relevant organizations.
12. **Mutual Support, Awareness Raising, and Promotion of Project Goals:** The Parties shall provide mutual support in their respective efforts to advance the overarching goals of promoting inclusive tennis and derived sport, including actively raising awareness about the benefits of sport for individuals with disabilities, highlighting the specific value of tennis, and working towards an improvement in their quality of life through sport and social inclusion.

Date, 30/06/2025

[Signature]

Antonio Sardelli
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Jovana Rasovic Tomić
President of Tennis Club Nec



Mirjan Mjekra
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