



U12 Provincial National Training Centre (NTC) Program 2014 – 2015

Program Description

This document outlines the Tennis Alberta U12 Junior Provincial National Training Centre (NTC) Program for the 2014/2015 season (ending July 2015).

- The new National Training Centre (NTC) program will consist of two training camps and two National Training Center trips.
- There will be strict requirements to be met in order to remain in the program. These will be laid out in individualized player agreements that will be signed by the player, his or her parent(s) and private coach. Details such as required competitions, fitness programs, areas for technical improvements as well as a code of conduct will be included in the agreements.
- Each player's performance and progress will be formally evaluated at three intervals over the year although ongoing communication between Provincial Staff, private coaches, parents and players will be regular and consistent.
- In order to ensure Tennis Alberta's Provincial NTC Program feeds into the national stream, selected players will receive training and competitive opportunities with National and Provincial Coaches, funded and/or subsidized out-of-province and international team travel opportunities, as well as other individual assistance to support player development.
- Not all players selected to participate in the Alberta training camps will be invited to travel to other opportunities including the training camps in Vancouver.
- Team fees: although the U12 NTC Program is heavily subsidized by Tennis Alberta and Tennis Canada, there will also be an element of player contribution of \$250 which will be due before the first training camp on October 24th, 2014. Players who are invited to attend the National Training Camps in Vancouver will be required to pay additional fees to cover a portion of the flight expenses (all other costs are covered by TA).

U12 Provincial NTC Program Selection Camp 2014

- Date and time: Sunday September 21st 2014 from 9:00 am to 4:00 pm
By Invitation Only
- Location: Red Deer Tennis Club

- Eligibility: all U12 players born in 2003, 2004 & 2005
- Registration Fee: \$50
- To Register: Online registration only at tc.tournamentsoftware.com (players must have a valid membership with Tennis Alberta). Simply search any part of the following title “Alberta U12 NTC Program Selection Camp” in the search bar and click on the registration button.

Team Selections

- Selection to the U12 Provincial NTC Program will be made by Tennis Canada’s National Coaching staff and Tennis Alberta’s Director of High Performance, based on input from Tennis Alberta’s NTC Program Provincial coaches.
- The selection camp decisions will include matchplay, various tennis based assessments, commitment to competitive travel, Rogers national ranking and previous competition record.
- A team of coaches and experts representing both Tennis Alberta and Tennis Canada will evaluate the players against the national standards and competencies established by Tennis Canada. These national standards are very rigid and include physical, mental, technical and tactical performance factors. Please note that previous competitive success or selection to other programs will not guarantee selection.
- Other criteria for selection may consist of parental support, willingness to compete in provincial events, ability to travel to events and camps, and commitment to obtaining court time and adherence to physical fitness training.
- The final team will be a combination of boys and girls, with no predetermined number of players, as only those who meet national standards will be selected.
- **Final selections will be posted on Tennis Alberta’s website on Tuesday September 24th 2014 after players have confirmed contract details.**

U12 Provincial NTC Program Schedule
(Times may change due to facility availability)

	Date	Description	Venue
	September 21st 2014 9:00 am to 4:00 pm	Selection Camp	Red Deer Indoor Tennis Centre
Camp #1	October 25th 2014 3:00pm to 7:00pm	U12 Provincial Camp	Red Deer Indoor Tennis Centre
IP Camp #1	November 7th to 9th 2014	National Training Camp Vancouver NB: only selected players will be invited to attend this camp	Vancouver (Venue to be confirmed)
IP Camp #2	November 21st & 22nd 2014	Inter Provincial Team Competition against Western Provinces NB: only selected players will be invited to attend this camp	Saskatoon
Camp #2	March 14th 2015 3:00 pm to 7:00pm	U12 Provincial Pre-Nationals Camp	Red Deer Indoor Tennis Centre
IP Camp #3	May 1st, 2nd & 3rd 2015	National Training Camp Vancouver NB: only selected players will be invited to attend this camp	Vancouver (Venue to be confirmed)
IP Camp #4	May 15th, 16th & 17th 2015	National Team Competition NB: only selected players will be invited to attend this camp	Toronto, Ontario

Summary

Tennis Alberta feels very positive in providing a U12 NTC Program to its best young players. Not only will it help raise the international competency of Alberta's young athletes by providing increased competitive and training opportunities, but it will also help strengthen Alberta Tennis Development Centres and club programs. Promising athletes will be identified earlier and nurtured more effectively; over the long-term, Alberta's ability to be successful at national and international events will undoubtedly improve. Please contact Tennis Alberta directly with any questions regarding the program.

U12 Program – Competencies

Physical

1. Players improved based on Tennis Canada athlete development program. Some specific targets will have to be obtained to ensure national standards. These standards or agreed goals will have to be achieved for players to remain on the Provincial program.
2. Any individual red flags have been identified and have a program in place to correct

Psychological

1. Players enjoy competing
2. Players demonstrate persistence when facing challenges
3. Project a calm and positive attitude
4. Learning to effectively manage mistakes in a positive manner.
5. Developing a ability to self manage and be responsible while away from home.

Tactical

1. Players can use topspin to pull the opponent off the court or push them back
2. Players use return of 2nd serve to gain advantage
3. Players recognize and utilize approaching opportunities
4. Players can use fh to dictate points from the middle of the court
5. Players can take time from their opponents by taking ball early and intercepting high balls

Technical

1. Players have the ability to hit flat and top spin fh
2. Players have the ability to hit flat, top spin, and slice bh

3. Players have proper bodywork on serve and can hit both flat and spin serves
4. Players are capable of hitting angle, punch, and swinging volleys
5. Players can create excellent body speed for attacking shots through proper use of segments
6. Players have proper footwork sequences for rallying, defending, attacking, approaching

Guidelines for on court Training for U12's

- **10 to 12 hours a week on court training including 2 to 4 private lessons, practice matches and tournaments.**
- **5.5 to 7 hours of physical training including 3 hours of other sports.**
- **45 to 60 matches a year**

Charlie McLean
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Tennis Alberta