

Tennis Alberta
2017 Top Player Support Programs



Tennis Alberta
Top Player Support Program
2017 U10 & U12 Provincial Teams

Program Overview

SUCCESS as a nation, by working as a TEAM: This is the cornerstone of Louis Borfiga's philosophy. Louis Borfiga is currently the Vice President of High Performance for Tennis Canada directing the development and maintenance of the National Training Centre Programming across the country.

The Tennis Alberta Junior Top Player Support Program acts as a supplemental training and competitive program designed to enrich the current training and competitive environment for top performing Alberta athletes who are between the ages of 8 - 12. The program will also add extra support to club leaders, personal coaches, and parents of players competing at the highest level.

The 2017 Top Player Support Program will include the following components:

- U10 Provincial Team- training team and travel team
- U12 Provincial Team- training team and travel team

Please find below the link to Tennis Canada's Long-Term Athlete Development (LTAD) Model as this document serves as a first-rate guide to what needs to be accomplished at various stages of development to develop world class players. It is evident that the foundation laid in the first three stages of development (U12) is crucial to optimize long-term high performance excellence and will be reflected throughout the Top Player Support Program content.

<http://www.tenniscanada.com/misc/LTADallenglish.pdf>

Program Goals

The goal of this supportive program is to work in partnership with club leaders and coaches to supplement current club training environments with the following simple but crucial guiding principles and objectives:

1. Regroup the top players so they help push each other on and off the court.
2. The program coaches will work in conjunction with personal coaches/parents to optimize annual planning and management of these athletes to help meet the LTAD training and match play guidelines. This includes an understanding of the competencies required to meet the highest standard on the LTAD pathway: Living as a Pro or Top 50 world rankings.
3. Provide access to sports science services that includes a strong focus on fitness development, psychological training, and nutritional education through the Alberta Sport Development Centre's and various private enterprises.
4. Act as a pathway into the U10/U12 National Training Centre Programs.

***Tennis Alberta
U10 Provincial Team
2017***

Program Purpose

The purpose of the U10 Top Player Support Program is to regroup the top U10 players in the province to have them train together and push each other to their fullest potential. The program will provide a pathway for developing athletes to be identified faster and nurtured more effectively. The overall goals of the program are to increase the number of competitive athletes within the province, create more competitive opportunities for players, involve the top local high performance coaches in a Provincial Training Program, and facilitate exchange between clubs through team competitions and enhanced inter-coach communication.

The U10 Provincial Team will be comprised of a travel team and a training team, both of which will attend the scheduled training camps. The players offered a travel team position will be guaranteed three travel opportunities and the training team participants will have potential to be invited on various trips pending availability, event type, and player contract status (ie. meeting conditions/expectations of their contracts).

Program Outline

****Note that all program elements and opportunities are subject to change.***

Selection Camp

The 2017 selection camp will take place January 21st 2pm-5pm Group A, 5pm-8pm Group B at Red Deer Tennis Club.

Players will undergo various evaluations that will observe LTAD competencies (psychological, physical, tactical, technical), Tennis Canada Fitness Standards, and dedication to improvement. The Provincial Coaches and Coordinator of Player Development & Club Liaison will track and discuss results throughout the camp to make appropriate selections. There will be no predetermined number of players accepted onto the U10 team. For further details regarding selections please reference the “Selection Criteria” section of this document.

The associated fee required to participate in the camp is \$30 per player.

Training Camps

If selected to the U10 Provincial Team, players will be invited to two training camps (indoor/outdoor); attendance to both will be expected. Note: absence from any training or competitive opportunity without valid reasoning may jeopardize the player’s future and continued participation in the program. The purpose of these camps is not only to create an opportunity for the top U10 players to train together, but to allow Provincial coaches to observe and track development of LTAD competencies and

fitness testing results throughout the year for each player. Camps will include on court training, a conditioning session or fitness testing component along with a psychological/mental training session. A parent nutrition education session will occur at one of the two camps.

Follow up with players' private coaches will be an integral part of the process ensuring that players continue to develop through the year and reach their fullest potential in preparing their transition into the U12 categories. Provincial Coaches will record and track results of player development and feedback/communication to private coaches will be provided following each regrouping.

*Participants who are not accepted to participate on the U10 Provincial Team may be invited to participate in various camps or opportunities based on behavior/performance at various events including team competitions and sanctioned Tennis Alberta U10 Tournaments.

There are two training camps planned for this season as follows: (ALL SUBJECT TO CHANGE)

1. Indoor Training Camp: February 18-19th 2017, Saville Tennis Centre (SUBJECT TO CHANGE)
2. Outdoor Training Camp: June 2017, Calgary (Details TBD)

Travel Opportunities

In addition to local training camps, a select number of players from the U10 Provincial Team will be provided with competitive travel opportunities. Selections for these trips will be based on player performance and behavior at training camps, tournaments, team competitions as well as the number of spots available or nature of competition per trip; Provincial Coaches will make the final selections for these trips. The trips will expose players to various environments and travelling as a team. There are three trips planned for this season as follows: (ALL SUBJECT TO CHANGE)

1. Kamloops Team Competition: April 7-9th (select players will be chosen to attend)
2. Ontario Junior Open Team Tennis Championships, May (dates to be confirmed), Burlington.
3. Little Mo's U10 Event, June 30th-July 4th, California.

Player Care:

Due to the age of the players, coaches will not be responsible for the general care of the team members other than during training and competition. Parents and chaperones will be required on all travel trips for transportation and general care.

Player Fees

The U10 Provincial Team registration fee for 2017 will be \$150 per player due by February 17th, 2017; failure to do so may result in dismissal from the program. Fees will be put towards training camps, exposure to sport science professionals, and team uniforms.

While Tennis Alberta, Tennis Canada, and the Alberta Sport Connection greatly subsidize the costs of the U10 Provincial Team Program, players will be responsible for the expenses identified specific to each training and travel opportunity detailed in the attached program schedule on page 9.

*Tennis Alberta is looking to pursue additional sources of funding to subsidize team travel expenses which may include sponsorships, donations, grants, and fundraising events. If you interested in volunteering your support please contact Jennifer Byberg at Jennifer.Byberg@tennisalberta.com

Selection Process

General Information about selection process:

- Selections will be a combination of both boys and girls with no predetermined number of players;
- Success or selection to other programs (camps, travel opportunities) will not guarantee selection;
- Players, parents, and personal coaches will be required to sign a player's contract to agree that all parties are willing to work together (parents, private coaches, provincial coaches and Coordinator of Player Development & Club Liaison) to meet program expectations;
- Players selected must be willing to commit to all training camps listed and a minimum of ten events per year;
- Players who attend the selection camps and are not accepted into the U10 Top Players Support Program will be tracked and monitored throughout the season and may be invited to participate in subsequent camps/opportunities based on behavior and performance at team competitions and Tennis Alberta U10 tournaments;
- Criteria for selection may consist of performance, parental support, willingness to compete in provincial events, ability to travel to events and camps, commitment to obtaining court time and adherence to training.

Items reviewed by Coordinator of Player Development & Club Liaison prior to Selection Camp:

- Players date of birth must be 2007 or later;
- Players must be training on court a minimum of eight hours per week as per the Tennis Canada LTAD; private coaches will be required to submit a summary of annual plans for each of their players attending the camp by January 13th 2017; this should include weekly training schedule (privates, group, fitness, other sports/activities) and tournament schedule from 2016;
- Only those individuals (ie players and parents) currently in good standing with Tennis Alberta will be permitted to attend any sanctioned event. A member in good standing is current in the payment of their assessments, is not in violation of the governing documents and policies of Tennis Alberta, and is not currently under sanction by the association.

Items observed at the Selection Camp by Provincial Coaches:

- Players must be currently meeting the Tennis Canada LTAD requirements for psychological, physical, tactical, technical competencies;
- Participation, behavior, and performance will be considered throughout the camp.

U10 Competencies

The information provided below are guidelines for parents and players to better understand Tennis Canada Standards and expectations for U10 Player Development at a top level. These factors will be considered for acceptance into the program.

Events Per Year	Singles Matches Per Year	Doubles Matches Per Year	Practice Matches Per year	Physical Training Per Week	Tennis Training Per Week	Total Hours Per Week	Rest Per Year
10-15	30-45 45-60 (boys 11-12)	20-30	30-40	5-7 Hrs (3 can be other sports)	8-12 Hrs (2-4 are privates)	12-17 hours	8 Weeks

Physical

1. Player is able to throw overhand and underhand with both arms.
2. Player is able to skip rope 1-3 minutes
3. Player maintains balance in different positions.
4. Player is able to perform multiple tasks at one time
5. Player is able to adapt to changing rhythms
6. Player reacts quickly to multiple signals
7. Player is able to run and move multidirectional

Psychological

1. Player maintains high level of focus and engagement in training
2. Player has a calm and positive attitude
3. Player is hardworking and committed to improvement
4. Player fosters the concept of respect for coaches and other players
5. Players enjoy competing
6. Players demonstrate persistence when facing challenges
7. Learning to effectively manage mistakes in a positive manner.
8. Developing an ability to self-manage and be responsible while away from home.

Tactical

1. Players understand “percentage tennis” (rally, defend, attack), big targets
2. Players look to play closer to the baseline taking balls earlier
3. Players use high tempo groundstrokes using depth (Quality rising balls)

4. Player has the ability to change rhythms in their shots (slice, topspin, angles)
5. Player is able to neutralize a situation; good defensive skills
6. Player looks to play balls out of the middle with the forehand
7. Player is able to recognize opponents' strengths and weaknesses and how to neutralize or expose them.
8. Player looks to hit quality consistent returns off the 1st serve while looking to take advantage of second serves taking the ball inside the baseline.
9. High percentage of first serves in play.

Technical

1. Groundstrokes: Players have good timing with correct impact point; long hitting zone; ability to hit underspin; forehand grip is eastern to semi western; able to adapt stroke when in trouble.
2. Serve: continental grip with proper pronation; good balance throughout motion; synchronization of arms throughout the toss and racquet preparation; proper throwing motion.
3. Volley: Continental grip; hand above wrist at impact; solid impact point; developing "feel" with the hand; step out then forwards footwork; developing swing volley.
4. Overhead: Throwing motion with pronation; proper set up and impact point.

Top Player Support Program Appeal Process

Players, parents, or coaches who wish to appeal the decision made by the Provincial Coaches and Coordinator of Player Development & Club Liaison must be submitted to the Tennis Alberta's Executive Director, Jill Richard, at jill.richard@tennisalberta.com within five days of the selections being released. Failure to submit appeals within the provided timeframe will not be considered.

Appeals will be heard by an impartial committee appointed by Tennis Alberta's Executive Director. A final decision will be released within five days.

Developmental Opportunities for Players Not Selected for the U10 Provincial Team

The objective of the Top Player Support Program is to regroup Alberta's top U10 athletes to train and compete together several times throughout the year. For players who are not accepted into the program, there are various opportunities available to them.

Tennis Alberta will organize a minimum of two team competitions per year: the Annual U10 TDC Cup (limited to TDC Club players only) being held this Fall and a Summer Team Competition (open to all clubs). These team competitions will be an important component of U10 players' development as it will introduce doubles, team play, positive interclub interactions, and enhance the players' passion for the game and competitive tennis.

All players who attend these competitions, as well as the U10 tournaments will be monitored and may be invited to participate in Provincial Team opportunities throughout the year.

1. TDC Cup: Fall 2017 (TDC clubs only)
2. Summer Sizzler Team Competition: July 2017 (Open) (Dates, & Locations TBD)

Registration Process

All registrations for the January 2017 Selection Camp must be submitted to Jennifer.Byberg@tennisalberta.com by 5pm January 6th 2017 including the players first/last name, date of birth, name of private coach, and the club in which they are training out of year round. Private coaches must also submit a summary of Annual Plans for players attending the selection camp by January 13th 2017 including weekly training schedule (group, fitness, privates, other sports) and tournament schedule from 2016.

U10 Top Player Support Program Tentative Schedule- SUBJECT TO CHANGE

Date	Time	Event	Location	Player Contribution:	Eligibility
February 18th	12pm-5:30pm	U10 Regrouping #1	Saville Tennis Centre	Included in program player fees	Players Selected for Provincial Team only
February 19th	8:30am-2pm	U10 Regrouping #1	Saville Tennis Centre	Included in program player fees	Players Selected for Provincial Team only
April 7th-9th 2017	N/A	U10 AB vs. BC Team Competition	Kamloops, BC	Flights, accommodations, food, transportation, incidentals, \$150 registration fee	16 players from the Provincial Team
May 12 th -14 th	N/A	5 th Ontario Junior Open U10 Team Tennis Championships	Burlington, ON	Flights, accommodations, food, transportation, incidentals, registration fees	Undetermined number of players from the Provincial Team
May 27 th	TBD	U10 Regrouping #2	Calgary, AB	Included in program player fees	Players Selected for Provincial Team only
May 28 th	TBD	U10 Regrouping #2	Calgary, AB	Included in program player fees	Players Selected for Provincial Team only
June 30th-July 4th 2017	N/A	California Little Mo's International	California, USA	Flights, accommodations, food, transportation, incidentals, registration fees	Undetermined number of players from the Provincial Team

For travel trips, Tennis Alberta will be looking for parents willing to volunteer to attend events as a chaperone. Each adult will be responsible for up to three players to minimize the costs of accommodations, as rooms will be shared.

***Tennis Alberta
U12 Provincial Team
2017***

Program Purpose

The purpose of the U12 Top Player Support Program is to regroup the top U12 players in the province to have them train together and push each other to their fullest potential while increasing National and International playing opportunities in conjunction with their club training.

The program will provide a pathway for developing athletes to be identified faster and nurtured more effectively and will not only increase the number of competitive athletes in the province, but will improve the level of play and player's ability to compete in National Events and go on to win national titles. This will in turn enhance Alberta's performance at Western Canada Games and Canada Summer Games.

The U12 Provincial Team will be comprised of a travel team and a training team, both of which will attend the scheduled training camps. The players offered a travel team position will be guaranteed three travel opportunities and the training team participants will have potential to be invited on various trips pending availability, event type, and player contract status (ie. meeting conditions/expectations of their contracts).

Program Outline

Selection Camp

The Annual Selection Camp is open to all U12 Tennis Alberta players; this year the selection camp will take place January 22nd 2017 8am-11am (Group A) and 11am-2pm (Group B) at Red Deer Tennis Club.

Players will undergo various evaluations that will observe LTAD competencies (psychological, physical, tactical, technical), Tennis Canada Fitness Standards, and dedication to improvement. The Provincial Coaches and Coordinator of Player Development & Club Liaison will track and discuss results throughout the camp to make appropriate selections. There will be no predetermined number of players accepted into the program. For further details regarding selections please reference the "Selection Criteria" section of this document.

The associated fee required to participate in the camp is \$30 per player.

Training Camps

If selected to participate on the U12 Provincial Team, players will be invited to two provincial training camps (indoor/outdoor) and one interprovincial training camp in British Columbia (invitation only); attendance to both provincial camps will be expected. Note: absence from any training or competitive opportunity without valid reasoning may jeopardize the player's future and continued participation in the program. The purpose of these camps is not only to create an opportunity for the top U12 players to train together, but to allow Provincial coaches to observe and track development of LTAD competencies

and fitness testing results throughout the year for each player. Camps will include on court training, a conditioning session or fitness testing component along with a psychological/mental training session. A parent nutrition session will take place at one of the two provincial camps.

Follow up and communication with players' private coaches will be an integral part of the process ensuring that players continue to develop through the year and reach their fullest potential in preparing their transition into the Consolidating stages of the LTAD. Provincial Coaches will record and track results of player development and communicate feedback to private coaches.

Participants who attend the selection camps, however, are not accepted into the Top Player Support Program may be invited to participate in various camps or opportunities based on behavior, performance, and results at Tennis Alberta tournaments.

There are three training camps planned for this season as follows: (ALL SUBJECT TO CHANGE)

1. Indoor Training Camp: March 11-12th Osten & Victor Alberta Tennis Centre SUBJECT TO CHANGE
2. Indoor British Columbia Training Camp: May 5-7th 2017 (Select players invited) SUBJECT TO CHANGE
3. Outdoor Training Camp: August 2017, Edmonton (Dates & locations TBD)

In addition to local training camps, a select number of players from the U12 Provincial Team will be provided with competitive travel opportunities. The Travel Team participants are all guaranteed a spot on each trip, the remaining spots will be filled with players from the Training Team. Selections for these trips will be based on player performance and behavior at training camps, tournaments, team competitions as well as the number of spots available or nature of competition per trip; Provincial Coaches will make the final selections for these trips. The trips will expose players to various environments and travelling as a team. There are three trips planned for this season as follows: (ALL SUBJECT TO CHANGE)

Travel Opportunities* - SUBJECT TO CHANGE

In addition to local training camps, a select number of players from the U12 Provincial Team will be provided with competitive travel opportunities. The Travel Team participants are all guaranteed a spot on each trip, the remaining spots will be filled with players from the Training Team. Selections for these trips will be based on player performance and behavior at training camps, tournaments, team competitions as well as the number of spots available or nature of competition per trip; Provincial Coaches will make the final selections for these trips. The trips will expose players to various environments and travelling as a team. There are three trips planned for this season as follows: (ALL SUBJECT TO CHANGE)

1. British Columbia National Training Camp/BC Team Competition
2. Ontario U12 Team Competition
3. Vancouver Stanley Park National Qualifier

Player Care:

To encourage team travel and competing away from home, coaches will be responsible for the general care of the team members during training camps and travel opportunities. Parents are not required to attend trips.

Player Fees

The U12 Provincial Team registration fee for 2017 will be \$150 per player due by February 17th 2017; failure to do so will result in dismissal from the program. Fees will be put towards both training camps, exposure to sport science professionals, and team uniforms.

While Tennis Alberta, Tennis Canada, and the Alberta Sport Connection greatly subsidize the costs of the U12 Provincial Team Program, players will be responsible for the expenses identified specific to each training and travel opportunity detailed in the attached program schedule on page 16.

*Tennis Alberta is looking to pursue additional sources of funding to subsidize team travel expenses which may include sponsorships, donations, grants, and fundraising events. If you are interested in volunteering your support please contact Jennifer Byberg at Jennifer.Byberg@tennisalberta.com

Selection Process

General Information about selection process:

- Selections will be a combination of both boys and girls with no predetermined number of players;
- Program participants will be chosen based on objective and subjective criteria and not solely on your child's win/loss ratio during the match play or rankings. We have a limited number of players in the program to ensure that they are compatible to train with one another;
- Success or selection to other programs will not guarantee selection (previous U10/U12 Provincial Teams, NTC training Camps, etc);
- Players selected must be willing to commit to all training camps listed and a minimum of ten events per year;
- Players, parents, and personal coaches will be required to sign a player's contract to agree that all parties are willing to work together (parents, private coaches, provincial coaches and Coordinator of Player Development & Club Liaison) to meet program expectations;
- Players who are not accepted into the U12 Top Players Support Program may be invited to participate in subsequent camps and opportunities based on performance, results and behavior at Tennis Alberta sanctioned tournaments.

Items reviewed by Coordinator of Player Development & Club Liaison prior to Selection Camp:

- Players date of birth must be 2005 or later;

- Players must be training on court a minimum of ten hours per week as per the Tennis Canada LTAD; private coaches will be required to submit annual plans for each of their players attending the camp by January 13th 2017;
- Only those individuals (ie players and parents) currently in good standing with Tennis Alberta will be permitted to attend any sanctioned event. A member in good standing is current in the payment of their assessments, is not in violation of the governing documents and policies of Tennis Alberta, and is not currently under sanction by the association.

Items observed at the Selection Camp by Provincial Coaches:

- Players must be currently meeting the Tennis Canada LTAD requirements for psychological, physical, tactical, technical competencies (See Competency list below);
- Participation, behavior, and performance will be considered throughout the camp;
- Evaluations will comprise of overall physical ability, current level of play, Provincial Championships, Junior Rankings (National & Provincial), determination and competitive spirit, and the coaches' input on the players "potential".

U12 Competencies

- The information provided below are guidelines for parents and players to better understand Tennis Canada Standards and expectations for U12 Player Development at a top level. These factors will be considered for acceptance into the program.

Events Per Year	Singles Matches Per Year	Doubles Matches Per Year	Practice Matches Per year	Physical Training Per Week	Tennis Training Per Week	Total Hours Per Week	Rest Per Year
10-15	45-60	20-30	30-40	5.5-7 Hrs (3 can be other sports)	10-12 Hrs (2-4 are privates)	12-17 hours	8 Weeks

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 an 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 approaching opportunities
2. Players can use fh to dictate points from the middle of the court
3. 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

Top Player Support Program Appeal Process

Players, parents, or coaches who wish to appeal the decision made by the Provincial Coaches and Coordinator of Player Development & Club Liaison must be submitted to the Tennis Alberta's Executive Director, Jill Richard, at jill.richard@tennisalberta.com within five days of the selections being released. Failure to submit appeals within the provided timeframe will not be considered.

Appeals will be heard by an impartial committee appointed by Tennis Alberta's Executive Director. A final decision will be released within five days.

Competitive Opportunities for Players Not Selected for the U12 Provincial Team

The objective of the Top Player Support Program is to regroup Alberta's top U12 athletes to train and compete together several times throughout the year. For players who are not accepted into the program, there are various opportunities available to them.

Tennis Alberta will be offering Annual Summer and Fall U12 Team Competitions (open to all clubs). These team competitions will be an important component of U12 players' development as it will introduce doubles, team play, positive interclub interactions, and enhance the players' passion for the game and competitive tennis.

All players who attend these competitions, as well as the U12 tournaments will be monitored and may be invited to participate in Provincial Team opportunities throughout the year.

1. Summer Team Competition: Dates, & Locations TBD
2. Fall Team Competition: Dates, & Locations TBD

Registration Process

All registrations for the January 2017 Selection Camp must be submitted to Jennifer.Byberg@tennisalberta.com by 5pm January 6th 2017 including the players first/last name, date of birth, name of private coach, and the club in which they are training out of year round. Private coaches must also submit a summary of Annual Plans for players attending the selection camp by January 13th 2017 including weekly training schedule (group, fitness, privates, other sports) and tournament schedule September 2016-August 2017 where possible. Private coaches may be requested to submit full annual plans for players who are selected for the U12 Provincial Team.

U12 Top Player Support Program Tentative Schedule- SUBJECT TO CHANGE

Date	Time	Event	Location	Fees:	Eligibility
March 11 th & 12 th 2017	10am-4pm	U12 Regrouping #1- Pre Nationals	Alberta Tennis Centre	Included in program player fees	Players Selected for Provincial Team
Mar 17 th - 19 th 2017	N/A	U12 BC Team Competition	British Columbia	Flights, Accommodations, Food, registration fees	Eight players from the Provincial Team
May 5 th - 7 th 2017	N/A	U12 Ontario Team Competition	Burlington, ON	Flights, Accommodations, Food, registration fees	Undetermined number of players from the Provincial Team
July 10 th - 14 th 2017	N/A	Stanley Park National Qualifier	Vancouver, BC	Flights, Accommodations, Food, registration fees	Eight players from Provincial Team
Aug 12 th - 13 th	TBD	U12 Regrouping #2- Pre Nationals	Edmonton, AB	Included in program player fees	Players Selected for Provincial Team