



TENNIS BC PROVINCIAL REGROUPINGS 2018 – 19 APPLICATION FORM

PROGRAM INFORMATION

The provincial regroupings will be held on weekends between September 2018 – June 2019. Each regrouping will consist of 2 full days of tennis, fitness training and/or sport psychology (2) and nutrition seminars (1). These camps are designed to augment the great work being done weekly within TDC programs, ultimately having all partners working towards common priorities and objectives.

In addition to the provincial regroupings, competitive travel opportunities will be provided throughout the year.

As BC strives to become a leading development province in Canada, it is important that all of our programs fall in alignment with the Long Term Athlete Development Plan. For the 2018/19 season, players wishing to take participate in the regroupings must be working to meet the minimum requirements as per LTAD. Program coaches will work in conjunction with personal coaches/parents to help optimize annual training plans and match guidelines.

Selection Process

Players will be assessed based on their physical, technical, tactical competencies and profile.

U10 Team (2009/2010): 16 player maximum (boys and girls combined)

- Open try outs

U12 Team (2007/2008): 16 player maximum (boys and girls combined)

- By invitation only
- 2007: based off Rogers rankings
- 2008: based off Future Stars leaderboard

PLAYER INFORMATION

Name: _____ Age: _____ Birthdate: (m) ____ (d) ____ (y) ____

Parent Name: _____

Address: _____ Postal Code: _____

Phone Number: _____ Email: _____

Personal Coach: _____ Home Club: _____

Training Program: Full Court Green Ball Full Court Regular Ball

Program of Interest: U10 Provincial Regroupings U12 Provincial Regroupings

TRAINING SCHEDULE

Outline a typical week as it occurs between September 2018 and June 2019. Include; group training, private lessons, practice match play, fitness training, and other sports.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>
<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>

TOTAL TENNIS TRAINING HOURS PER WEEK: _____

TOTAL HOURS PLAYING OTHER SPORTS: _____

TOTAL HOURS PHYSICAL FITNESS: _____

ROLES AND RESPONSIBILITIES

ROLE of the PROVINCIAL COACHES

1. Ensure a safe environment is created where coaches will engage the players in a stimulating, dynamic, high performance environment in order to maximize training/ competitive opportunities.
2. Coaches will be engaged, professional, passionate, patient when they interact with players, parents and coaches.
3. Ensure timely and open communication with players, personal coaches, and parents.
4. Engage parents, players and coaches to work together for the ultimate benefit of the player.
5. Ensure fair consequences for inappropriate behavior.

ROLE of the PLAYER

1. Demonstrate best effort, unconditional hard work, responsible for 100% effort.
2. Show passion, love and enjoyment for the game.
3. Behavior on and off the court. Players will be respectful of coaches, fellow players, parents and facilities and cooperate with the consequences the coaches may impose because of their behavior (e.g. sitting out, removal from program etc.)
4. Arrive to practice 15 minutes prior to the start of practice.
5. Be fully prepared, focused and work at the appropriate intensity level from the start of practice. This includes both on court tennis and off court activities.
6. Compliance with the Tennis BC code of conduct at all time.

ROLE of the PARENT

1. Understand that the performance pathway requires a family commitment in regards to gaining the required amount of competitive experience (tournament play)
2. Ensure my child arrives 15 minutes early to practice (this will allow time for a proper physical warm-up prior to entering the court).
3. Ensuring my behavior is respectful of all coaches, players, other parents and facilities where I may be a guest attending training or competition.
4. Taking the initiative to maintain open communication with both my child and the Director of High Performance regarding goals or, any issues regarding the program that may arise.

PLAYER AGREEMENT:

TENNIS BC AND TENNIS CANADA ABIDES TO:

1. Provide technical assistance in the elaboration of the player's annual training and competitive plan.
2. Provide on-going feedback and communication with the players' personal coach on the players' progress through reports, training camps and coaching assistance.

PLAYER SELECTED TO PARTICIPATE IN THE REGROUPINGS ABIDES TO:

1. Participate at the following events, IF selected:
 - a) Attend regroupings and events (dates provided, dates may change due to tournaments and facilities)
 - i) Include but limited to:
 - (1) BC vs AB Team Challenge (April 2019)
 - (2) USTA team events (May/Oct)
 - (3) Little Mo (July/Dec)
 - (4) Eddie Herr / Orange Bowl (Nov/Dec)
 - b) Participate in BC sanctioned events
 - c) U10 TDC Cup
 - d) U12 Provincial Indoor/Outdoor Championships (if appropriate level)
 - e) U12 Indoor/Outdoor National Championships (dependent on qualification)
 - f) U12 national camps, if selected

2. Integrate a recognized tennis training program that is able to meet Tennis Canada's training/competition guidelines

For example for a 9 year old girl:

- i) 6 to 8 hours of tennis training a week
 - ii) 4.5 to 5.5 hours of physical training which could include other sports
 - iii) Play between 24-30 tournament singles matches

3. Be a member and in good standing with the Tennis BC.
4. Respect the Code of conduct of Tennis BC.

Notes:

Tennis BC reserves the right to suspend any athlete from the program who breaches this Player Agreement.



TRAINING/COMPETITION GUIDELINES – GIRLS

AGES	COMPETITION					TRAINING				Rest and Regeneration weeks per year
	# of Peaks	# of tournaments per year	# of matches per year		Types of Competition	Physical Training	Tennis Training	Other Matches (practices/ leagues, etc.)	Total # of hours/week	
			Singles	Doubles						
9	0	8 - 10	24-30	16-20	Full court transition ball U10 – club/provincial Full court regular U12 – club and provincial <i>* Top 10 year olds could be participants in the U12 Nationals and International U10 events</i>	4.5 – 5.5 (includes (3) hours in other sports)	6-8 hrs/wk (including 2-3 lessons)	30 – 40	10 - 15	8 weeks
10	0	10 -15	30-45	20-30	U10 provincials U12 provincials, U12 national events <i>* Top players of this age could be competing in U14 Nationals and International U12 events</i>	5 – 6 (which includes 3 hours of other sports)	8-10 (including 2-4 hours of private lessons)	30 – 40	12-17	8 weeks
11	0	10 -15	30-45	20-30	U12 provincial, national events U14 provincial, national events <i>* Top players of this age could be competing in U14 Nationals and International U12 or U14 events</i>	5.5 – 7 hrs (which includes 3 hours of other sports)	10 - 12 hrs (including 2-4 hours of private lessons)	30 – 40	15-18	6-8 weeks
12	0	15-20	45-60	30	Provincial National International Age Group (TE U12 and U14)	5-8	12-14	48	16-18	4-6

13-14	2-3	15-20	45-60	30	U14/U16 Provincial events U14/U16 National events International Age Group U14 and U16 ITF Junior circuit (group 5, 4, & 3)	5-8	12-14	48	18-24	4-6
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TRAINING/COMPETITION GUIDELINES – BOYS

AGES	COMPETITION					TRAINING				Rest and Regeneration weeks per year
	# of Peaks	# of tournaments per year	# of matches per year		Types of Competition	Physical Training	Tennis Training	Other Matches (practices/ leagues, etc.)	Total # of hours/week	
			Singles	Doubles						
7-8	0	8 - 10	24-30	0	½ court tournaments – club ¾ court tournaments – club/provincial	3.5 - 6 (includes 2-4 hours in other sports)	5-8 hrs/wk (may include 1-3 hrs of private lessons)	25 - 40	10 - 15	12-16 weeks off
9 - 10	0	10 -15	30-45	20-30	<p style="text-align: center;"><u>AGE 9</u> U10 Provincial (full court transition ball) U12 Provincial event</p> <p style="text-align: center;"><u>AGE 10</u> U12 Provincial events U12 Jr. Nationals</p>	5 – 6 (which includes 3 hours of other sports)	8-10 (including 2-4 hours of private lessons)	30-40	14-16	8 weeks
11 - 12	0	15	45 -60	30	<p style="text-align: center;">U12 and U14 Provincial events U12 and U14 National events International age group events U12 and U14</p>	5.5 – 7 hrs (which includes 3 hours of other sports)	10-12	48	16-18	6-8
13-15	2	15-20	45-60	30	<p style="text-align: center;">U14/U16 Provincial events U14/U16 National events International age group U14 and U16 Top players of this age may begin playing ITF events</p>	5-8	12-14 (including group and private)	48	20	4-6

AGREEMENT FORM

I _____ accept to participate if selected to take part in the Tennis BC U10/U12 Provincial Regroupings after reading the conditions attached to the Player Agreement.

Summary:

1. Participate in all the regroupings, or in any other organized activities under the Tennis BC U10 /U12 program;
2. Respect the Tennis Canada training and match guidelines.
3. Integrate a recognized tennis training program;
4. Be coached at a minimal by a Certified Level 2 Coach or higher;
5. Demonstrate outstanding attitude both on and off the court;
6. Respect the coaches, officials, tournament organizers and other athletes;
7. Be a member and in good standing of Tennis BC.

Athlete

Parents

Date

Signed Contract must be emailed to Sarah Kadi at skadi@tennisbc.org by Friday September 14th, 2018.