

As a parent of a High Performance player, we want to ensure that you have all the information you need to support your child through the Player Pathway, in order to make the most informed decisions regarding your son or daughter. Below, and in the documents to follow, you will find some key considerations (by Stage of Development) that you should be aware of.

Consolidating Stage

What is the end objective for my child at this Stage of Development?

Setting the foundation for the pursuit of excellence. To consolidate/establish the fundamentals required to become a competitive junior athletically, tactically, technically and in terms of sport perception awareness.

What are the goals we should be focused on with our child's coach?

- Monitor the athlete's growth spurts to optimize the development of flexibility, speed, strength and aerobic endurance.
- Continue to develop and refine technical skills in practice, with the objective of being technically sound and free of "red flags" in terms of grips and swings.
- Acquire a range of shots
- Ball control
- Intensity
- Consolidate learned skills from practice and apply in competitive situations.
- Consolidate a specific gamestyle emphasizing the execution of skills in a game situation.
- Develop the necessary decision-making skills to practice and compete effectively.
- Introduce the concepts of recovery and pre-habilitation through sleep, good hygiene, sport massage, hydro-therapy, nutrition and effective warm-up in all aspects of preparation.

What should be my mission as a parent?

- Help insure your child becomes responsible and autonomous.
- Work with your personal coach to insure your child has an individualized annual training and competitive plan (broken down into the various "seasons", for example fall preparation, Indoor National, Outdoor National, summer competitive seasons).
- Understand the tennis player pathway that outlines how your child can progress in the sport – see HP Handbook for specific details http://www.tenniscanada.com/wp-content/uploads/2018/03/4_COMPRESSED_March_7-HP-English_complete_book_comp-min.pdf (development opportunities/camps, National Championships, Regional & National Training Centres, international travel opportunities and selection process, financial assistance).
- Using a consistent individualized quality daily training program which takes *consideration of international standards*, the athlete is given a program based on their long-term development and their developmental or tennis age.
- Ongoing testing and evaluation of the individual athlete's physical development is critical. This should be incorporated into the program three times per year.
- Decisions and choices regarding competition must include stage appropriate number of matches, favour long-term athlete development as opposed to short-term wins and participation in one practice match per week.
- Finally, an essential area of focus should be on establishing the values of fair play and sportsmanship. In addition to this, you should seek out a program/coach that places high importance on values, sportsmanship, work ethic, coachability and respect.



By the numbers, answers to frequently asked questions for players at this Stage of Development

How many weeks of rest and regeneration should my child have per year (without a racquet)?	4 - 6 weeks	
How many official tournaments should they compete in annually?	15 - 20	3:1 win-loss ratio
How many official matches should they play annually?	45 - 60	
How many practice matches should they play annually?	48	
What is the range of events that my child should be competing in?	U14/U16 (boys)/U14/U18 (girls) provincial or national events. International U12/U14 age group events & entry level ITF	
How many hours should be devoted to physical development per week?	5 - 8	
How many hours should be devoted to training (group & private) per week?	12- 14 hours (including group private lessons)	
What should be the total number of hours per week (tennis/fitness)?	16 - 24 hrs (girls)/20 hrs (boys)	

Finally, what is the role of rankings at this Stage of Development? While rankings become more important at this stage (for example they are required to gain entry into ITF events), it is still essential that athletes continue to focus on the attainment of performance goals while competing (some examples include improving first serve percentage, taking advantage of attacking opportunities, etc.).

