

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.

Developing Stage

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

Becoming a well-rounded athlete and building the full court tennis skills required to be a player.

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

- Long-term development must take precedence over short term results.
- Individual athletes continue to pursue individual goals in a group training environment.
- Training programs are customized based on developmental age and optimal windows of trainability (speed, suppleness or flexibility).
- Your child should participate in a variety of sports and physical activities to develop athleticism (seeing as tennis is a **HIGH COORDINATION** sport). Ball sports are recommended, particularly ones that emphasize upper and lower body differentiation, movement/change of direction, eye tracking and tactical special awareness (for example: hockey, soccer, basketball, lacrosse and handball)
- Training sessions must be well planned and structured to ensure that the preparatory period is long enough to develop solid foundations.
- An official competition period must be designated and planned by a certified coach.

What should be my mission as a parent?

- Support and provide the necessary guidance to ensure that your child's tennis experience is enjoyable.
- Help insure your child becomes responsible and autonomous.
- 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).
- Discuss the Player Pathway with your child's coach.
- Maintain a long-term perspective about your child's development in the sport. Do not let the results dictate your decisions.
- Support your child's competitive experiences by focusing on the process and effort, not on the results.
- Continue to encourage unstructured play with yourself and with their peers.
- Always maintain composure and demonstrate neutral body language when you child is in competition.
- Encourage and support participation in another complementary sport at a competitive level (perhaps a team sport to balance out the individual nature of tennis).
- 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)?	6 - 8 weeks	
How many official tournaments should they compete in annually?	10-15	3:1 win-loss ratio
How many official matches should they play annually?	30 - 45	
How many practice matches should they play annually?	30-40	
What is the range of events my child should be competing in?	U12/U14 provincial or national events through to international U12/U14 age group events	

How many hours should be devoted to physical development per week?	5.5 - 7 (including 3 in other sports)
How many hours should be devoted to training (group & private) per week?	10- 12 hours including (2-4) private lessons
What should be the total hours per week (tennis/fitness)?	15 - 18

Finally, what is the role of rankings at this Stage of Development?

At this Stage of Development, rankings can give a false impression of both your child's current level and their "future potential." During this stage, it is preferable to minimize emphasis on rankings. Instead, praise and reward their work effort on a daily basis.