

TENNIS CANADA WHEELCHAIR TENNIS INSTRUCTOR WORKSHOP



WELCOME!

GREAT TO HAVE YOU HERE!

QUICK INTRODUCTIONS

Who Are You?

Why Are You Here?



Who Am I?

- National Coach Wheelchair Tennis
- Scope: High Performance
- Former player
 - 3 time Paralympian for Germany (Barcelona 92, Sydney 2000, Athens 2004)
 - Ranked #1 in the world 1993/1994
 - World Champion 1993
- Coaching experience with German Tennis Federation, ITF (Development Fund) and BC Wheelchair Sports
- My “story”





“ It’s Tennis!”

■ It ain’t Rocket Science!

- Few (really) new concepts for coaches to learn. Same
 - court size and rules
 - grips
 - strokes (one exception)
 - tactics
 - corrective techniques
 - teaching methodologies
 - progressions, phases of play
 - etc.
- Biggest difference? **MOBILITY!**
- Mix of presentation format and on court sessions
- Recertification opportunity - 100% attendance required
- Ask Away!

Let's have fun!....and learn a few things along the way



Purpose of course

- to provide certified Tennis Canada Instructors, teachers, occupational therapists and other persons of interest with tools to help organize dynamic, safe, fun, and active learning environments so introductory wheelchair players can **learn** and **play**.
- ‘Supplemental’ course designed to be used in conjunction with the Tennis Canada Instructor Course information and materials.





Its 'only' about changing lives!

COURSE OVERVIEW

1.THE FOUNDATION

- Introduction/ Try Out/ Video
- Wheelchair Tennis 101
- **Developing Mobility!**
- Tactics
- Sample Beginners Lesson



COURSE OVERVIEW

2. ADVANCED CONCEPTS

- The importance of reverse mobility for wheelchair tennis players
- Inverted backhand: when to start teaching it
- Where do I go after my serve?
- “Winning Style of Play”
- Serves>Returns/Match play
- Summary & Reflections



Coaches' quotes

“Coaching wheelchair tennis goes beyond just teaching tennis. The experience of seeing how the players are able to connect to the ball is amazing. The smiles and sense of accomplishment that shows on their faces are priceless. But there is another dimension; wheelchair tennis is such a good vehicle to connect so called “able bodied” coaches/volunteers with disabled persons - it opens a new doorway for the human spirit.”

**- Albert Fong, Little Aces Mississauga
Community Champion -**



Go Out and Play!



In groups of 3 – 4 discuss your initial observations and write them down (couple of bullets)



History and Organization

- 1976 Brad Parks establishes game in USA
- Late 70s & 80s: game expands to Europe, Asia and Canada
- 1988: International Wheelchair Tennis Federation is founded
- 1997: Wheelchair Tennis integrated into International Tennis Federation (ITF)

Canada

- Beginnings late 70s
- 1988: Canadian Wheelchair Sports Association (CWSA) incorporates Tennis
- 1998: Tennis Canada integration



International Organization

- ITF manages tournament circuit
 - +/- 160 events worldwide (8 sanctioned events in Canada)
 - Grand Slam – Super Series - ITF 1,2,3 & Future Series
 - World Team Cup (Portugal 2023)
 - Paralympics (Paris 2024)
 - Para Pan Am Games (Santiago 2023)
- ITF Wheelchair Tennis Development Fund (WTDF) supports International Development of the Game
- Keeper of the Rules and Regulations



Organization in Canada

- Department within Tennis Canada
 - Director (Janet Petras, BC)
 - National Coach (Kai Schrameyer, BC)+ Development Coach (Christian Gingras, QC)
- High Performance:
 - Canadian Tournament Circuit (8 events)
 - Birmingham Nationals (Halifax 2023)
 - National team
 - Development Team
 - Training camps
- Development : Partnership with
 - Provincial Tennis Associations (PTA)
 - Provincial Wheelchair Sports Associations (PWSA)



2024 ITF TOURNAMENTS IN CANADA & BIRMINGHAM NATIONAL CHAMPIONSHIP

DATE	TOURNAMENT	VENUE/LOCATION	ITF GRADE LEVEL
April 19 – 22	Premier Racquet Club Wheelchair Classic	Markham, ON	ITF Futures
June 20 – 23	Sani Sport International Open	Boucherville, QC	ITF Futures
July 5 – 7	Kamloops Legacy Games	Kamloops, BC	ITF Futures
July 11 – 14	Vancouver International	Vancouver, BC	ITF Futures
July 27 – 30	Omnium International de Saint-Hyacinthe	Saint-Hyacinthe, QC	ITF Futures
Aug 1 – 4	Windsor Classic	Windsor, ON	ITF Futures
Sept 12 – 15	Birmingham Canadian Classic	Toronto, ON	ITF Futures
Oct 12 – 15	Sure Grip International Wheelchair Tennis Open	Fredericton, NB	ITF Futures
Oct 17 – 20	Birmingham National Championships	Halifax, NS	National
Nov 28 – Dec 1	Omnium International Bourassa Savaria	Montreal, QC	ITF Futures



Participation

- Permanently mobility related disability

Congenital vs Acquired injuries

A disability can occur through:

- Spinal cord injury(chart p 3) – complete or incomplete
 - Amputation
 - Disease
- Open (Paraplegics and Amputees) and Quad (Quadriplegic) divisions
- Integration Philosophy



Equipment

- Facilities requirements:
 - all surfaces
 - accessibility (courts and washrooms)
 - Rackets
 - Straps (muscle replacements): chest
waist, legs
 - Tape (quad players)
 - Equipment for Heat (Quads)
-oh, and the wheelchairs!



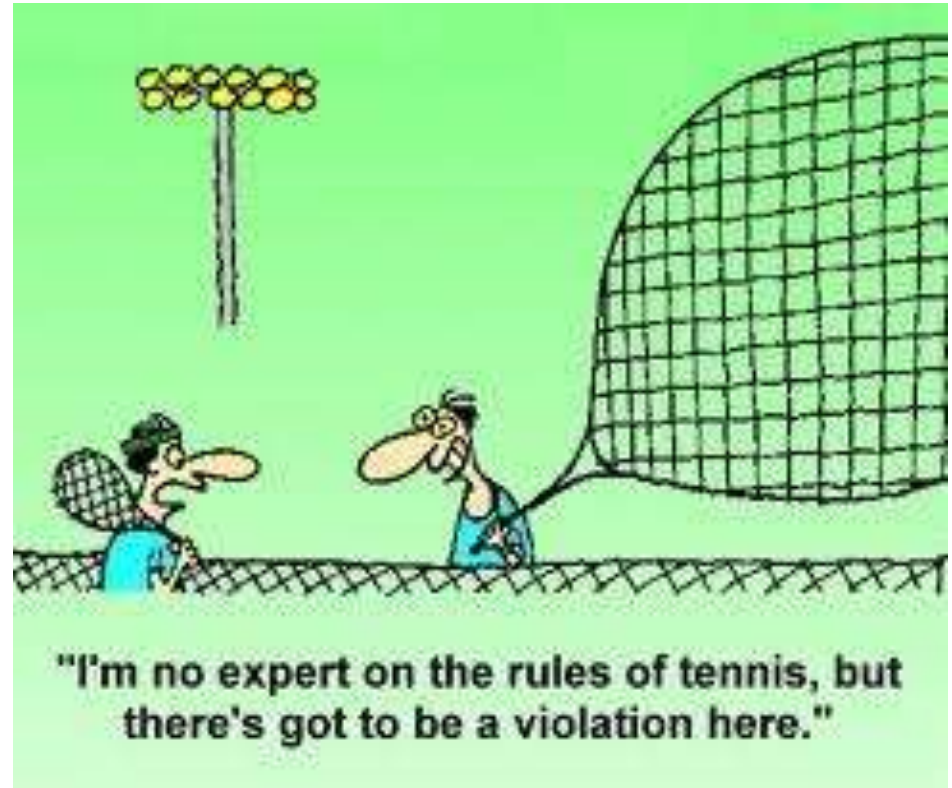
Anatomy of Wheelchair

- Sports chairs v. everyday chairs
- Materials
- Cost
- Frame
- Seat
- Seat Cushion
- Wheels (Camber)
- Tires
- Casters
- Push rims
- Foot Plate



Rules

- 2 bounce rule
- Wheelchair
Considered Part of
Body
- Service Rules
- 'Up and Down'
Doubles
- Power Wheelchairs



Coaches' quotes

“Without prejudice and with all respect to the Able Bodied greats that play and have played on all the International Circuits. My Tennis Champion is Lee Carter (former Canadian Nr 1). He`s been my inspiration from the very first day I saw him hop into his sport chair. Since that day I have challenged myself to be as dedicated, persistent, patient, and understanding in acquiring knowledge of the Sport and Resources. .”

- Marlon Goldburn, Tennis coach Winnipeg, MB -



Active Break: Warm Up Games

- « Sharks »
- « Tree Tag »
- « Pac-Man »
- « Grab the leash »
- « Know your lines »
- Balloon Games
- Coordination Games



Coaches' quotes

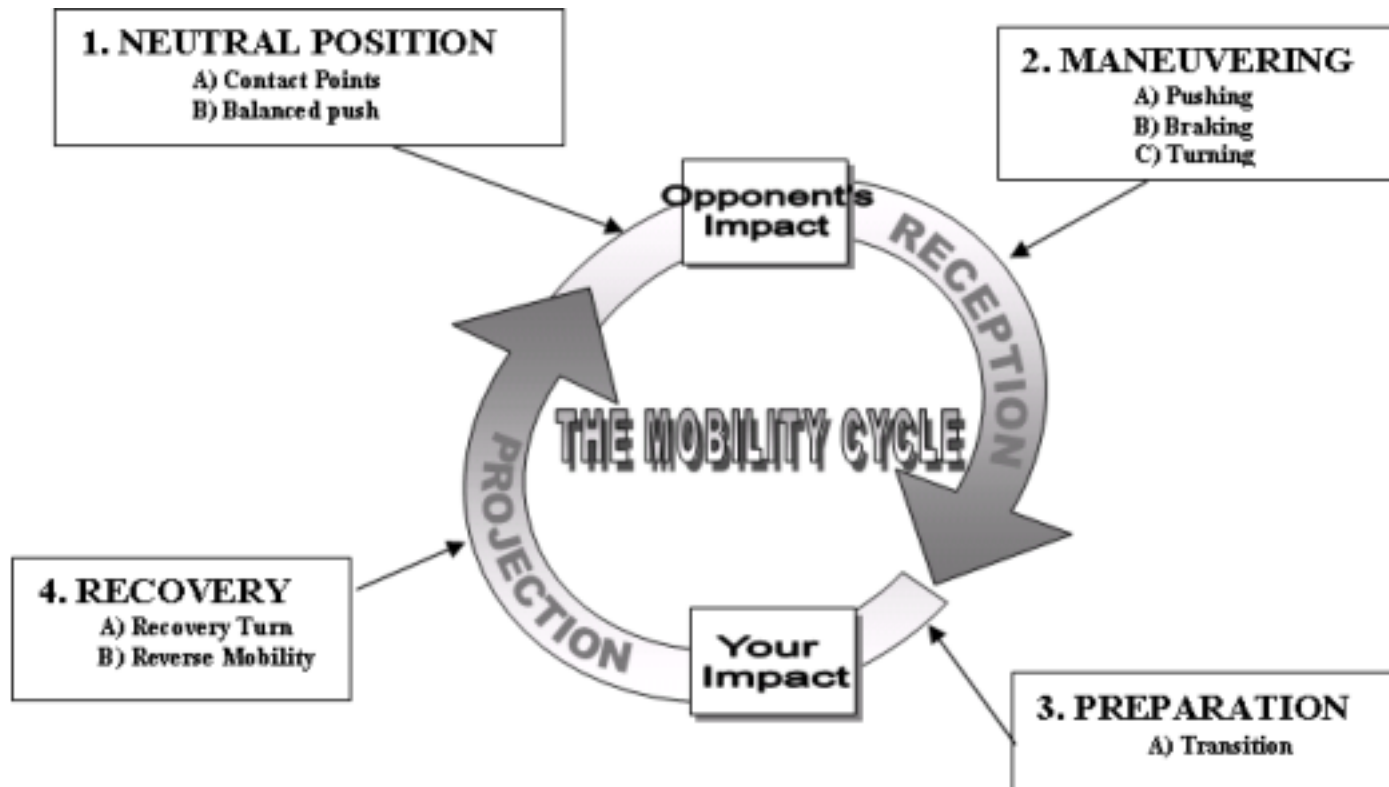
“I was amazed at how quickly the kids in wheelchairs improved week after week, no matter what the level of their disability. Witnessing their delight in playing tennis and continued improvement is what inspired me the most.”

- Brian Pound, BTC Champion of the Year 2011, Winnipeg, MB -



Movement in a Chair

- Biggest difference to able bodied tennis
- Circular (continuous) Mobility is crucial! Always in motion
- Racquet never leaves the hand!



Movement in a Chair

■ Neutral Position

- Contact Points:
 - Playing hand: Squeeze racket between hand and push rim
 - Racket never laid on lap!
 - Technique is secondary. Importance of solid contact points



Movement in a Chair

■ Maneuvering

- Pushing
 - short thrusts to start, longer thrusts when player is in motion
 - Pushing motion from about '12 – 10'
- Breaking/Slowing down
 - Grabbing both wheels firmly
 - Leaning back
- Turning
 - Execution as Push and Pull turn



Movement in a Chair

■ Preparation

- Transition from Pushing (arms as engine) to stroking
- Timing is Crucial!
 - Too early: no positional adjustments possible
 - Too late: stroke becomes uncontrollable 'slap'
- Unit Turn



Movement in a Chair

■ Recovery

- Return to 'hub' to prepare to intercept next shot
- In Turns v. Out Turns
- Note: very rarely will pushing backwards be the best choice!
- Natural Momentum v. Tactical Considerations
- Concept of 'Reverse Mobility'



Tactical Development - Singles

- Keep the ball in play
- Place the ball:
 - To the opponent's weak side
 - Straight at the opponent
 - Behind the opponent
 - High bouncing balls through heavy topspin (underutilized strategy!)
 - Drop Shots
 - Finish Point at net after aggressive approach shot



Tactical Development – Doubles

- Both Players back
- 1 Up, 1 Back
- Both players in continuous motion and communication to maximize court coverage



Conducting a Beginner's Lesson

- warm up (time and space permitting)
- stroke progression (ball feed or cooperative) from throw tennis, floor tennis to self rally and cooperative rally (if level of participants allows it)
- Conclude with a Game of “Maniac Tennis”



Key elements to a successful lesson

- Scale the game so it is easier to play & move
- Define an outcome (i.e. being able to maintain a baseline rally) and set a topic: impact point, hitting zone etc.
- Create an appropriate challenge
- Introduce Measurements
- Ensure sufficient volume!
- Provide Feedback



MAKE IT FUN!



Shingo Kunieda - The Roger Federer of Wheelchair Tennis



Coaches' quotes

"This past season at UTSC I had the privilege of implemented and running a wheelchair tennis program every Thursday from 6-8pm. I would say these two hours were the most rewarding and enjoyable that I taught the entire season. The group that attended were so eager to learn and just plain have FUN, doing something completely new to them. We all felt at the end of the season that we couldn't wait for the next year to start. "

- Dustin Sexton, Tennis coach UTSC , ON -





Novak plays wheelchair tennis



“My son Trevor loves wheelchair tennis. Every week he can't wait to go and also because he has friends to play with. He also has made some new friends because of the sport. It helps strengthen his upper body which is some thing he needs being in wheelchair all the time. He can also play this sport with friends and family who are not disabled and it doesn't matter how good one is at it. Trevor plays sledge hockey but this is only with other kids who are handicapped. He can't just play with his brother as he could with tennis. It's harder to find ice time, but with tennis one can play any time and it is great to have a summer sport. Thanks so much for starting the kids wheelchair tennis. “



Kim Schaffels, mother

“ Mississauga Little Aces Wheelchair Tennis is a place to be yourself, to discover yourself, to challenge yourself, and be comfortable with who you are because you are with a team of warm, caring, passionate staff, volunteers, parents and participants. Albert is a kind, dedicated, hardworking leader who can draw everyone together to reach a common goal... to create a wonderful, thriving environment like no other, a special place to be yourself, to discover yourself, to challenge yourself, and be comfortable with who you are and to achieve what you thought was unachievable... ”

Jenny Lai, mother of 15 year old participant Puisand Lai



“I've heard some parents comment on how much their child looks forward to the tennis, the interaction with the other children and how it builds their self-confidence. The children are very motivated by the volunteers and have a lot of “fun”. Some children even ask to “rally” with the adult volunteers. They get a huge kick out of it when they hit a great shot that the volunteer can't return. Some to the children are in pain from procedures, but seem to forget about it for the short while that they are on the court. “

Suzanne Adorjan, program volunteer.



Coaches Quote

- *“Apart from my kids wheelchair tennis has been the best thing that has happen in my life.”*

Steve Manley, BC provincial wheelchair tennis coach



Q & A



*Take a couple of minutes and name
ONE take away from today*

