

**St. John's Tennis Association
HIGH PERFORMANCE PROGRAMS**

**INFORMATION GUIDE
September 2021 - June 2022**



**September 13, 2020 - June 17, 2022
(37 weeks)**

www.sjta.ca

Dear Parents and Players:

The SJTA High Performance (HP) Program offers an athlete centered approach, where the optimal environment is established to ensure each player reaches their highest level of skill development. Our goal is to give the feeling of accomplishment to the athlete through a stimulating program focused on discipline, determination and dedication.

Players in this program will be working towards being one of the best tennis players in the province, the Atlantic region and Canada. Aspirations of taking their game to the highest levels, including scholarship at the NCAA level, are welcome.

Program requirements for players:

- Must be a member in good standing with Tennis NL
- Must commit to the High Performance program for the entire 2021 - 2022 training season (September - June)
- Must be evaluated and placed into the appropriate program by the coaching staff

Program consists of:

- Training with some of the best players in Atlantic Canada
- Ongoing video analysis with athletes and coaches
- Psychological, tactical, technical and physical training incorporated to ensure a global approach to success
- Focus and motivation - ongoing evaluations among coaching staff during the year to ensure this is instilled
- On-court fitness testing and training
- Player plans based on Tennis Canada's Long Term Athlete Development (LTAD) model
- Options for team travel and/or competitive trips

Program expectations and requirements:

- Exhibit a high level of intensity, focus and respect at every practice
- Attend all training sessions (unless sick, injured or other valid reason)
- Participate in the tournament schedule proposed by the coaches
- Complete individual daily/weekly player journals as part of a process to ultimately take ownership for development on and off court.
- Play independently outside program hours. For example: match play, serving practice, private/semi-private lessons, leagues.

Our Head Coach - Mike Meaney



Mike is SJTA Head Coach and Tennis Director, as well as Technical Director for Tennis NL. He has worked in the tennis industry for over 25 years, including with several provincial/territorial tennis associations.

Mike is a certified Tennis Canada Coach 3. He has worked with many top-10 nationally ranked junior players and developed a national champion along the way. He has coached at more than 30 national championships, including four Canada Games, and is currently head coach for the 2021 Canada Games tennis team for Newfoundland and Labrador.

At Green Belt, Mike directs a strong team of certified tennis instructors and is responsible for junior and adult programming. At the provincial level, he oversees Tennis NL's school programs across the province.

A former provincial, regional and national level junior player and 1989 Canada Games athlete, Mike started playing tennis by accident, but instantly fell in love with the game and hasn't looked back, turning his passion into a career.

Mike can be reached at Green Belt by phone at 722-3840 (Ext 203) or by e-mail at tennistd@sportnl.ca.

Program Structure, Pricing and Benefits

We know our HP players have a lot of demands on their time. Academics, music, other sports - you name it - these young people are busy. At SJTA we have structured our sessions to give you the flexibility to balance those demands. All our HP programs have either a 4-, 6-, or 8-hour per week option. We have four 2-hour sessions to choose from. You decide which sessions your player will attend for the term/year.

Sessions:

- Monday (3:30 - 5:30 pm)
- Tuesday (3:30 - 5:30 pm)
- Thursday (3:30 - 5:30 pm)
- Friday (3:30 - 5:30 pm)

Terms:

- Fall: September 13 - December 17 (14 weeks)
- Winter: January 3 - April 14 (15 weeks)
- Spring: April 25 - June 17 (8 weeks)

Pricing:

Hours / week	Program Cost	Installment payments (8)	Program Hours
4	\$3,400.00	\$425.00	148
6	\$4,760.00	\$595.75	222
8	\$6,200.00	\$775.00	296

Other HP program benefits:

- Team hoodie
- Training log
- Coaching support at selected tournaments
- **NEW for 2021-2022** - SJTA Junior Membership (\$545 value), providing a 4-day booking window during the indoor tennis season

Programs

Next Generation - Green Ball (U10 Development)

A program for competitive U10 athletes which uses the modified green ball in a high-performance environment. The program goal for the player is to transition toward using the standard yellow ball while continuing to build their skill base and improving the fundamentals at the high performance U10 level. Physical and psychological development will be integrated into the program on-court.

Players selected for this program are required to attend a minimum of two sessions per week.

Provincial High Performance Program

Designed for players meeting the required performance levels to compete in provincial and Atlantic events and aspiring to become top-ranked national level players. The program is detailed-oriented with the emphasis and themes based on Tennis Canada's Long-Term Athletic Development (LTAD) model, which helps build players in a safe, systematic way.

Players selected for this program are required to attend a minimum of two sessions per week.

Player, Parent and Coach Pledge

Head Coach Pledge

As SJTA Head Coach, I am responsible and accountable for:

1. Ensuring a safe environment, where our coaches engage the athletes in a stimulating, dynamic atmosphere that is conducive to developing athletes.
2. Ensuring that my behaviour and the behaviour of the coaching staff reflects our programs and values.
3. Ensuring timely and open communication with our athletes, coaches, and parents.
4. Engaging parents, players and coaches to work together for the ultimate benefit of the athlete.
5. Ensuring fair consequences for inappropriate behaviour

Athlete Pledge

As a SJTA High Performance Program athlete, I am responsible and accountable for:

1. My behaviour both on and off court. I will be respectful toward my coaches, fellow players, parents, club employees and the facility.
2. Arriving on time, fully prepared to focus and work at the appropriate level of intensity. This includes both the on-court and fitness portions of the program.
3. Compliance with the code of conduct, both within the club and when representing the program and myself at other facilities and tournaments.
4. Ensuring I wear appropriate and proper tennis attire within the club and at other venues or tournaments.

Parent Pledge

As a parent of a SJTA High Performance Program athlete, I am responsible and accountable for:

1. Discussing and reinforcing the program's objectives and pledge with my child.
2. Prompt payment of fees.
3. Ensuring my child arrives on time, including allowing time for a physical warm-up.
4. Ensuring my behaviour is respectful of all coaches, players, other parents and club facilities.
5. Providing constructive and timely feedback.

Signatures for:

(printed name of SJTA High Performance Program athlete)

Parent: _____ **Date:** _____

Athlete: _____ **Date:** _____

Coach: _____ **Date:** _____