

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

**INFORMATION GUIDE
September 2022 - June 2023**



**September 12, 2022 - June 18, 2023
(36 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 level of competence. Our goal is to give the feeling of success to the athlete through a stimulating program focused on discipline, determination and dedication.

Players in this program will be striving to become one of the best tennis players in the province, the Atlantic region and Canada, with aspirations of taking their game to the highest levels, including scholarships at the NCAA level.

Minimum Eligibility Requirements

- Must be a member in good standing with Tennis NL
- Must commit to the High Performance program for the entire 2022 - 2023 training season (September - June)
- Must be evaluated and placed into the appropriate program by the coaching staff
- Must consistently demonstrate focus and motivation to the coaching staff at all times throughout the year.

Program consists of:

- Training with some of the best players in the province
- Ongoing video analysis on court with athletes and coaches
- Psychological, tactical, technical and physical training incorporated to ensure a global approach to training
- 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
- Team travel and a competitive trip

Program expectations and requirements:

- Exhibit a high level of intensity, focus and respect at every practice
- Attend all training sessions registered for (unless sick, injured or other valid reason)
- Follow the tournament schedule proposed by the coaching staff
- 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.

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.

HP Program Administrative Policies

- **Payment of program fees is due in full at registration.** If payment is not made by midnight on the day a program registration is completed, the reserved spot will be lost.

High Performance Program participants are provided the option of paying off the program fee in eight (8) installments, provided they have a credit card on file with the association. Please contact the SJTA front desk to place a credit card on your account and to make arrangements for installment payments. SJTA accepts Visa, Mastercard and American Express.

The first installment is due at registration, and the remaining seven (7) installments will be automatically charged to the credit card on file on the 14th of each month, between October (installment 2) and April (installment 8).

Please note: High performance program fees are due in full at registration and are a full-term commitment, even when paid in installments.

- Programs will not take place on club-posted holidays. High Performance Program participants are encouraged to make up these sessions on a day they don't normally attend the program.

- There may be times that Green Belt Tennis Club must close due to issues beyond its control, such as humidity creating unsafe court playing conditions or unscheduled emergency maintenance requirements. Program participants will be informed of these closures with as much notice as possible. A program session cancelled due to such circumstances will be made up in the week following the end of an SJTA program semester, when possible.
- High Performance Program Refunds:
 - To qualify for a refund, withdrawal requests from SJTA High Performance Programs must be received BEFORE the second week of the program. Refund requests must be emailed, before the refund deadline, to the General Manager at gm@sjta.ca.
 - Refunds will be processed for the full amount of the fee paid, less an administrative charge (10% of the program fee to a maximum of \$50).
 - Club credit or partial refunds will be provided to participants who must withdraw from a program for medical reasons. These requests must be accompanied by a doctor's note confirming the participant's inability to continue in the program. Requests must be submitted by email to the General Manager (gm@sjta.ca). Final approval is at the discretion of the General Manager.

Program Structure and Pricing

Sessions

These competitive level programs have minimum attendance requirements. Continued eligibility is contingent on consistent attendance for the full duration of the program year, which includes 36 weeks between September 12, 2022 and June 18, 2023. Please refer to the individual programs in the section below for specifics.

Pricing

Sessions per week	Program Cost	Installment Payments (8)
2	\$3,500.00	\$438.00
3	\$4,860.00	\$608.00
4	\$6,300.00	\$788.00

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.

Program benefits include a complimentary SJTA junior membership, a team hoodie, video analysis and coaching support at selected tournaments.

Session Options:

Players selected for this program are required to attend a minimum of two of the following four sessions per week for the full duration of the program (September 12 - June 18) to maintain program eligibility:

- Mondays 3:30 - 5:30 pm
- Thursdays 3:30 - 5:30 pm
- Fridays 6:30 - 8:00 am
- Fridays 3:30 - 5:30 pm

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.

Program benefits include a complimentary SJTA junior membership, a team hoodie, video analysis and coaching support at selected tournaments.

Session Options:

Players selected for this program are required to attend a minimum of two of the following three sessions per week for the full duration of the program (September 12 - June 18) to maintain program eligibility:

- Mondays 3:30 - 5:30 pm
- Thursdays 3:30 - 5:30 pm
- Fridays 3:30 - 5:30 pm

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:** _____