

HIGH PERFORMANCE PROGRAM
INFORMATION GUIDE
SEPTEMBER 2019 – JUNE 2020



SESSION 1: (FALL) September 9 – December 13th, 2019 (14 weeks)

SESSION 2: (WINTER) January 6 – March 27th , 2020 (12 weeks)

SESSION 3: (SPRING) April 6th – June 19th, 2020 (11 weeks)

www.sjta.ca

Dear Parents and Players;

The SJTA High Performance Program offers an “athlete centred” approach, where we provide the environment to help each athlete reach their level of competence. Our goal is to give each athlete the feeling of success through a stimulating program; focused on discipline, determination, and dedication to plying the craft.

Players in this program will be striving from an early age to become strong provincial, national and even international level players, with an emphasis on encouraging the pursuit of an academic / athletic NCAA scholarship upon completion of their senior year in High School.

HEAD PROFESSIONAL



MIKE MEANEY - PROGRAM DIRECTOR / HEAD PRO

Mike Meaney is the Head Professional of the SJTA and has coached the sport of tennis full-time for over 15 years, and involved with the sport for over 30 years.

Mike has worked as Technical Director for several provincial and territorial tennis associations, with the majority of his time in his home province of Newfoundland Labrador. He has a Coach 3 designation from Tennis Canada. Mike has worked with many Top 10 nationally ranked junior players, and developed a national champion along the way.

Mike has spent time coaching at over 30 national championships and five Canada Games, with four of them as coach.

TO REGISTER FOR HIGH PERFORMANCE PROGRAMS PLEASE COMPLETE THE ATTACHED APPLICATION AND FORWARD TO MIKE MEANEY:

Mike Meaney, Head coach: tennistd@sportnl.ca

MINIMUM ELIGIBILITY REQUIREMENTS:

- Must be a member in good standing with Tennis NL
- Must commit to the high performance program for the entire 2019 – 2020 training season (September – June)
- All players must be evaluated and placed into the appropriate program by the coaching staff
- Focus and Motivation – ongoing evaluations during the year to ensure this is instilled

PROGRAM CONSISTS OF:

- Training with some of the best players in Atlantic Canada
- Video Analysis for each player
- Psychological, tactical, technical and physical training
- On-Court fitness training
- The player plans are based on Tennis Canada's Long Term Athlete Development model, (LTAD)
- Team travel and competitive trips

PROGRAM EXPECTATIONS & REQUIREMENTS:

- Exhibit a high level of intensity, focus and respect at every practice
- Attend all training sessions (unless sick, injured or other valid reason)
- Follow the tournament schedule as proposed by the coaches
- Players are expected to complete their player journals on a weekly/daily basis
- Players are expected to play outside the program ie: match play, serving practice and / or private and semi –private lessons

NEXT GEN PROGRAM (U10 DEVELOPMENT)

Competitive athletes playing orange and/or green ball in a high performance environment. Players in this program will be striving to transition into green ball from orange, while players from the green ball program will be looking to advance to yellow ball. Selected players will be required to participate in a minimum of 2 days per week, with an emphasis on maximizing development by attending all 3 days per week. Physical development will be integrated within the program days.

PROGRAM BENEFITS

- Team Hoodie
- Training log
- Coaching support at selected tournaments
- Reduced court fees during non-prime time hours? (see if possible Angela)

NEXT GEN PROGRAM - GREEN BALL

2019-2020 **SION: September 9 – June 19th (37 weeks)**

Monday (4:00-6:00) Thursday (4:00-6:00) Friday (3:30-5:30), 6:1 (student/coach) ratio

4 hours per week: \$3150/yr

6 hours per week: \$4500/yr

PROVINCIAL HIGH PERFORMANCE PROGRAM

Players meeting the required performance levels to compete in provincial, and Atlantic events with aspirations of being a national level junior player. This detail-oriented program with the emphasis based off the LTAD model of Tennis Canada builds the foundation for players in a systematic way. Players are required to attend a minimum of 3 days per week to be accepted into the program.

PROGRAM BENEFITS:

- Team hoodie
- Training log
- Video analysis
- Coaching support at selected tournaments

2019-2020 SESSION: September 9, 2019 – June 19, 2020 (37 weeks)

Monday (4:00-6:00) Tuesday (4:00-6:00) Thursday (4:00-6:00) Friday (3:30-5:30pm)
Tennis training

4 hours per week: \$3150/yr

6 hours on court per week: \$4500/yr

8 hours on court per week: \$5950/yr

PROGRAM APPLICATION FORM

NAME:

AGE:

DOB:

ADDRESS:

POSTAL CODE:

PHONE:

EMAIL:

HOODIE SIZE:

**PLEASE INDICATE WHICH DAYS PER WEEK YOU WISH TO PARTICIPATE IN.
PREFERRED DAYS CANNOT BE GUARANTEED. PLEASE PRINT AND BRING TO
GREEN BELT.**

PLAYER, PARENT AND COACH PLEDGE

HEAD COACH IS RESPONSIBLE AND ACCOUNTABLE FOR:

1. Ensuring a safe environment, where our coaches engage our athletes in a stimulating, dynamic atmosphere that is conducive to developing athletes.
2. Ensuring that my behaviour and the behaviour of the coaching staff is a reflection of our programs 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

As a SJTA Academy athlete, I am accountable for:

1. My behaviour on and off court. I will be respectful toward my coaches, fellow players, parents, club employees and the facility.
2. Arriving to practice on time, fully prepared to focus and work at the appropriate intensity level. This includes both the on court and fitness portion 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 at tournaments.
4. Ensuring I wear appropriate and proper tennis attire within the club and while at other venues or tournaments.

PARENT

As a parent of a SJTA Academy athlete, I am accountable for:

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

SIGNED

Parent: _____ **Date:** _____

Athlete: _____ **Date:** _____

Coach: _____ **Date:** _____