

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

**INFORMATION GUIDE
September 2020 – June 2021**



September 14th, 2020 - June 20th, 2021
(37 weeks)

www.sjta.ca

Dear Parents and Players;

The SJTA High Performance 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 2020 - 2021 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 model (LTAD)
- Options for team travel and/or 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)
- 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 eg: match play, serving practice, private / semi-private lessons, leagues, etc

OUR HEAD COACH - MIKE MEANEY



Mike is the 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 several provincial and 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. Mike has coached at over 30 national championships including four Canada Games, and is currently head coach for the 2021 Canada Games tennis team for the province.

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, Atlantic, 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 722-3840 ext 203 or at tennistd@sportnl.ca

PROGRAM STRUCTURE / PRICING / BENEFITS

We know our High Performance 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 five 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 (6:00 - 8:00 am)
- Friday (3:30 - 5:30 pm)

Terms:

- Fall: September 14th – December 20th (14 weeks)
- Winter: January 4th – March 28th (12 weeks)
- Spring: April 5th – June 20th (11 weeks)

Pricing:

Hours / week	Installment payments (8)	Program cost	Program Hours
4	\$393.75	\$3150.00	148
6	\$562.50	\$4500.00	222
8	\$743.75	\$5950.00	296

Other HP Program Benefits:

- Team Hoodie
- Training Log
- Coaching support at selected tournaments
- Junior League included and organized weekly on Sundays (2:00 - 5:00pm)

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 traditional 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 a top-ranked national level player. The program is detailed-oriented with the emphasis and themes based on the LTAD model of Tennis Canada, which helps to build players in a safe, systematic way.

Players are required to attend a minimum of two sessions per week.

Canada Games players will be required to attend the Friday 6:00 a.m. -8:00 a.m. as one of their sessions.

PLAYER, PARENT AND COACH PLEDGE

HEAD COACH:

As the SJTA Academy 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:

As an SJTA Academy athlete, I am responsible and 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 on time, fully prepared to focus and work at the appropriate level of intensity. This includes both the on court and fitness portion of the program.
3. Compliance with 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 while at other venues or tournaments.

PARENT:

As a parent of an SJTA Academy 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 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.

SIGNED

PARENT: _____ DATE: _____

ATHLETE: _____ DATE: _____

COACH: _____ DATE: _____