



PERFORMANCE ACADEMY APPLICATION v. 6.5

Note: Please do not book a POD Assessment until requested by Director of High Performance or Director of U10 Performance

Program you are applying for:			
<input type="checkbox"/> National (U12)	<input type="checkbox"/> National (U14-U18)	<input type="checkbox"/> ITF (U14-U18)	Application Date:
<input type="checkbox"/> U9 Performance	<input type="checkbox"/> U10 Performance		

Personal Data:

Name: _____ Age: _____ Birthdate: (m) _____ (d) _____ (y) _____
Parent Name: _____
Address: _____ Postal Code: _____
Phone #: _____ Email: _____
Personal Coach: _____ Other organized sports? _____

Training Schedule:

(Map out your typical week as it occurred September to June. Include tennis group training, private lessons, practice match play, and off court training)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Total training hours per week:

Performance:

Best Ranking (if applicable):

Current Ranking (if applicable):

This section to be filled in by Performance Director:	
POD Evaluations	
Groundstrokes:	Tournaments/Matches: Y N #: _____
Serves:	
Volleys:	FAME Score (1-5): _____

COMPETITIVE EXPERIENCE: List the tournaments played in the last 12 months, the number of matches played in the tournament, and where you finished in the tournament.

Event (name/location)	Date (MM/YY)	# of Matches	Finish
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			
Total Matches:			

Note: If there is not enough space on this form, please include an additional page.

Goal-setting:

Note: The purpose of the Performance Academy programs are to help players achieve competitive performance goals of top provincial, national or ITF rankings. Players who do not commit to this goal do not match the program purpose. NVTC has programs that are better suited for players who do not have these goals.

What are the reasons that you are playing tennis?

What are your LONG TERM DREAM-GOALS (Scholarships, professional tennis, etc.)?

1. _____
2. _____
3. _____

What ANNUAL OUTCOME GOALS (What you want to accomplish this year that are stepping stones to your Long Term goals) have you established for yourself?

1. _____
2. _____
3. _____

Player, Parents and Coaches Agreement

Directors of Performance: *As the Performance Directors, we are accountable for:*

1. Ensuring a safe environment where our coaches engage our players in a stimulating, dynamic, atmosphere that is conducive to player development.
2. Ensuring that my behavior and the behavior of the coaching staff is a reflection of our Program values (Improvement, Respect, Commitment).
3. Ensuring timely and open communication with our players, coaches and parents.
4. Engaging parents, players and coaches to work together for the ultimate benefit of the player.
5. Ensuring fair consequences for inappropriate behavior.

Player: *As a North Vancouver Tennis Centre Performance player, I am accountable for:*

1. Demonstrating, to the best of my ability, the values of the centre (Improvement, Respect, Commitment).
2. Committing to all training times and gaining the required amount of competitive experience (tournament play).
3. My behavior on and off the court. I will be respectful of my coaches, fellow players, parents and the NVTC facilities and cooperate with the consequences the coaches may impose on me because of my behavior (e.g. sitting off, removal from the program, etc.)
4. Arriving to practice on time, fully prepared to focus and work at the appropriate intensity level. This includes both on court tennis and the fitness component of my training.
5. Compliance with the Tennis BC Code of Conduct both within the centre, and at other facilities where I may compete.

Parent: *As the parent of an NVTC Performance player, I am accountable for:*

1. Discussing and reinforcing this agreement and the NVTC centre values with my child.
2. Understanding that the performance pathway requires a family commitment in regards to gaining the required amount of competitive experience (tournament play).
3. Prompt payment of all fees.
4. Ensuring my child arrives on time for practice (which includes time for a proper physical warm-up prior to entering the court).
5. Ensuring my behavior is respectful of all coaches, players, other parents and centre facilities as well as facilities where I may be a guest attending a tournament or practice.
6. Taking the initiative to maintain open communication with both my child and the coaching staff regarding goals or, any issues regarding the program that may arise.

Signed: Parent: _____ Date: _____

Player: _____ Date: _____

Directors: *Nick Coutts Goran Zouko*

Media Release

The North Vancouver Recreation & Culture Commission (NVRC) asks for your permission to take videotape footage and/or photographs of you and/or your child during program times.

The applicant, hereby grants permission for the participant's photograph or video to be taken and used by the NVRC for use in online promotional materials including the nvrc.ca website and social media (e.g. Facebook, YouTube) and/or in printed promotional materials such as brochures, leisure guides or other promotional material which the NVRC may use to encourage others to use the Commission's programs.

The participant expressly releases the NVRC from all claims arising out of the use of a photograph or video taken during the program, including claims for invasion of privacy.

Name of Participant (Please Print)

Signature of Participant or signature Of Parent or Guardian if Participant is Under 19

NVRC complies with the Freedom of Information and Protection of Privacy Act (FOIPPA). Information collected on this form is used in the normal course of communication in accordance with this legislation. If you have any questions about the collection or use of this information, contact our Privacy Officer at 604-983-6306.

Newsletter

Our newsletter is the main way we communicate with players and parents. To ensure you are receiving the newsletter, please sign below and provide us with the email address you want the newsletter to be directed to:

Email: _____ Signature: _____

Payment & Withdrawal

- You are registering for the **full school year** (Sept-June).
- Registrations occurring after the program has begun will be pro-rated.
- 20% 'Sibling discount' off 2nd and 3rd child in Competitive or Performance Programs (off highest priced program).
- **Withdrawal:** We require written notice of withdrawal (email will suffice) and 1 week notice, at which time we will cancel your monthly payments minus the withdrawal fee. Withdrawal fees based on program hours: (see program brochure)
- **Long-Term Injury:** Valid Doctor's note is required. A full refund is available for the remainder of the classes. Withdrawing will forfeit your spot for any players on the waiting list to take.
- **Short-term Injury:** Refunds are available for *over* 2 weeks missed however, 25% of the total classes missed will be charged as a 'holding fee' to maintain your spot in the program. A valid doctor's note is required PRIOR to receiving a refund. (no retro-active refunds available).

Please sign and scan pages 1-5 only and email to:

For U9 & U10 Application: Director of U10 Performance, **Goran Zovko** zovkog@nvrc.ca

For U12-U18 National/ITF Programs: Director of High Performance:

Nick Coutts: couttsn@nvrc.ca

PERFORMANCE ACADEMY APPLICATION - INFORMATION

v. 6.5

This is the detailed information regarding the application to:

- **U9 Performance Program**
- **U10 Performance Program**
- **U12 Performance (National Program)**
- **U14-U18 Performance (National & ITF Programs)**

Entrance requirements to these programs are based on putting players in the best position to be on track for achieving top Provincial, National or ITF ranking goals. Our commitment is to provide the program that best suits the goals and needs of the player.

Steps of application process:

Step 1:	Consult with coach to explore possibility of getting into the Performance programs
Step 2:	If advised to do so, fill in and scan application and email it to appropriate Director
Step 3:	Appropriate Director will email you back and inform you if the application has been accepted or not and what further steps are required (which may include booking a POD evaluation, providing more information, etc.) NOTE: Please do not send in an application if the player has not achieved the required amount of competitive experience.
Step 4 (a):	If your application has been accepted, you may proceed with the registration process (please refer to appropriate dates/times of registration)
Step 4 (b):	If your application has not been accepted, please feel free to re-submit a new application once you have achieved the appropriate entrance criteria.

Entrance requirements include:

Entrance criteria	
U9 Performance (Orange)	U10 Performance (Green)
<ul style="list-style-type: none"> • Appropriate age (2009 birth year) • Full commitment to scheduled program times (Fitness, Training, Match-play) • Must have played 5 “Red” Tournaments within the last 12 months • Full Commitment to prescribed amount of tournament matches • Appropriate score on Focus And Motivation Evaluation (as assessed by Coaching Staff) • Appropriate score on POD player assessments 	<ul style="list-style-type: none"> • Appropriate age (2008 birth year) • Full commitment to scheduled program times (Fitness, Training, Match-play) • Must have played 10 “Orange” (U9) Tournaments within the last 12 months • Full Commitment to prescribed amount of tournament matches per year • Appropriate score on Focus And Motivation Evaluation (as assessed by Coaching Staff) • Appropriate score on POD player assessments

Entrance criteria	
Performance U12 (National)	Performance U14-U18 (National/ITF Programs)
<ul style="list-style-type: none"> • Full commitment to scheduled program times (Fitness, Training, Match-play) • Minimum of 45 tournament matches played within the last 12 months • Appropriate Focus And Motivation Evaluation score (as assessed by Coaching Staff) • Appropriate scores on POD player assessments • Note: Second Year U12 players must be ranked in the top 20 of Provincial Tournament play. 	<ul style="list-style-type: none"> • Full commitment to scheduled program times (Fitness, Training, Match-play) • Current Provincial Top 20 ranking (1st year of age division). Top 16 (2nd year of age division) • Minimum of 45 tournament matches played within the last 12 months • Appropriate Focus And Motivation Evaluation score (as assessed by Coaching Staff) • Appropriate scores on POD player assessments

Values-based

It is very important to understand that, our entire Academy is **Values-based**. Our core values dictate the way we make all decisions.

NOTE: Players and parents who do not feel they can adopt and adhere to our core values should find another facility that better matches their personal preferences.

Our core values are:

IMPROVEMENT:

To be on a journey of constant progress in your skill/character development.

Assessed by measuring players skill levels on our Performance On Demand (POD) evaluations. In order to access and continue in the program, players must maintain posted standards and improve them.

POD “Performance On Demand” Player assessments are a series of evaluations conducted by NVTC coaching staff to assess skill level. Players may register for scheduled free assessment times at the front desk.

Players are encouraged to use the assessments as practice drills to ensure their skills are moving forward. The sheets on the following pages outline the scores required to access the programs. Players must attain the appropriate scores on all three assessments (Neutral Groundstroke, 1st Serve, Approach/Volley/Overhead)

Videos of some of the assessments can be viewed through the following links:

- Neutral Rally Evaluation:
<http://youtu.be/88v2ymSH6UQ>
- 1st serve Evaluation:
http://www.youtube.com/watch?v=kGiqDB3fU_8&feature=share&list=PL2C2F1AF925ADBFE1&index=2

RESPECT:

To esteem and value yourself and the people, program, equipment and facilities you interact with.

One of the key assessment tools for this value is our Focus And Motivation Evaluation (FAME). These are the behaviors, attitudes and actions the coaches observe in the day to day training sessions. Players receive a mark based on a scale of 1-5. Please note: Scores of 4 & 5 are the standard for the Performance program (see page 10 for FAME rating scale and descriptions).

If players have not been observed by a NVTC coach, it will be assessed once the program begins.

COMMITMENT:

To be dedicated to the actions that drive your development further.

Assessed by measuring if the players have put in the commitment and discipline required towards their tennis development by:

- Attending all Supervised Match-play dates
- Gaining the required amount of competitive experience by playing the appropriate amount of tournament matches (Based on LTAD standards)
- Playing the appropriate amount of practice matches (Based on LTAD standards)
- In addition, the amount of practice time players engage in **outside** of scheduled training and competition times is a key factor in their development and progress as a Performance player.

TRAINING PRESCRIPTIONS

Based on Tennis Canada Long-Term Athlete Development guidelines (LTAD)

Age	COMPETITION (Competitive Experience)			TRAINING (Including group and private)				Rest & regeneration weeks per year
	# of Tournaments (per year)	Singles	Doubles	Physical Training (Hrs/wk)	Tennis Training (Hrs/wk)	Practice Matches	Total Hrs per week	
7-8	7-12	21-26	0	4.5-5 (includes 3 hrs of other sports)	4-9	25-40	8-12	8
9-10	10-15	30-45	20-30	5-6 (includes 3 hrs of other sports)	8-10	30-40	14-16	8

Age	COMPETITION (Competitive Experience)			TRAINING (Including group and private)				Rest & regeneration weeks per year
	# of Tournaments (per year)	Singles	Doubles	Physical Training (Hrs/wk)	Tennis Training (Hrs/wk)	Practice Matches	Total Hrs per week	
11-12	15	45-60	30	5-8	10-12	48	16-18	6-8
13-18	15-20	45-60	30	5-8	12-14	48	20	4-6

ACCEPTANCE INTO PROGRAMS

Acceptance into the Performance Academy Programs is based on the criteria outlined in this information package in addition to these factors:

- Tennis experience
- Amount of previous involvement in the NVTC program
- Physical aptitude
- 'Intangibles' such as player motivation, attitude, compatibility with current groupings, etc.

Please note: In all of these programs, there are a range of levels and abilities. When spots become available, the coaching staff will be balancing groups and fitting players into the programs with the goal of maximizing the overall training environment by creating compatible groups. **Ranking on the waiting list does not guarantee order of acceptance into the groups as all of these factors must be weighed by coaching staff.**

QUESTIONS OR COMMENTS?

For U9 & U10 Performance Programs:

Please contact: **Goran Zovko** – Director of U10 Performance
zovkog@nvrc.ca

For National and ITF Programs:

Please contact: **Nick Coutts**-Director of High Performance
couttsn@nvrc.ca

Centre phone 604-983-6483

FOCUS And MOTIVATION Evaluation (FAME)

RATING	BEHAVIORS
1. Far below Standard	Focus: Continually loses focus and requires constant coach supervision to stay on task (they may even misbehave).
	Coachability: Continually does not accept or ignores coach instructions.
	Work Ethic: Rarely displays effort in training activities at all times, even when coaches intervene.
	Motivation: Disinterested in training and does not engage in practicing or watching tennis outside of training times.
2. Major changes required to meet Standard	Focus: Frequently loses focus and requires coach supervision to stay on task.
	Coachability: Reluctantly accept coach instructions.
	Work Ethic: Rarely displays effort in training activities unless coaches intervene.
	Motivation: Mildly interested in training & competing and does not engage in practicing or watching tennis outside of training times.
3. Approaching Standard	Focus: Occasionally loses focus requiring coach supervision to stay on task.
	Coachability: Open to coach instructions.
	Work Ethic: Sometimes displays effort but typically displays, “going through the motions”.
	Motivation: Likes training & competing but reluctant to engage in practicing or watching tennis outside of training times. Parents display more motivation towards their tennis than they do.
4. Meeting Standard	Focus: Mostly focuses on tasks. Requires occasional coach reminder.
	Coachability: Accepts coach instructions.
	Work Ethic: Generally displays effort and will increase effort when coach asks.
	Motivation: Likes training and competing and watches tennis on TV. Demonstrates intrinsic motivation to play and practice.
5. Exceeding Standard	Focus: Consistently independently focuses on tasks without the need of coach supervision.
	Coachability: Consistently accepts and fully engages with coach instructions.
	Work Ethic: Consistently gives full effort in all training activities at all times without coach intervention.
	Motivation: Excited about training & competing and watches tennis on TV at every opportunity. Demonstrates intrinsic motivation to play and practice. They are described as “Breathing tennis” and ‘beg’ their parents to be on the court more.

NEUTRAL GROUNDSTROKE EVALUATION

DIRECTIONS:

1. Maintain a rally on ½ width doubles court for 1 minute (see diagram)
2. Players start on opposing baselines
3. Rally must include a mix of FH's & BH's (a marker is placed to designate which side shots should be taken).

SCORING: (2 Attempts, best score)

- Player #1 hits ball to player #2 to begin rally. Players must rally for one minute starting with the 1st ball hit by player #2
- Points are only gained if a player hits a 'neutralizing' ball (one that is rising to their opponent).

The rally receives no score if:

- Players do not hit a mix of forehands and backhands
- The rally was not sustained for the full minute
- The ball lands outside of the designated area
- A player volleys a ball

CRITERIA

U18 = 35

U16 = 30

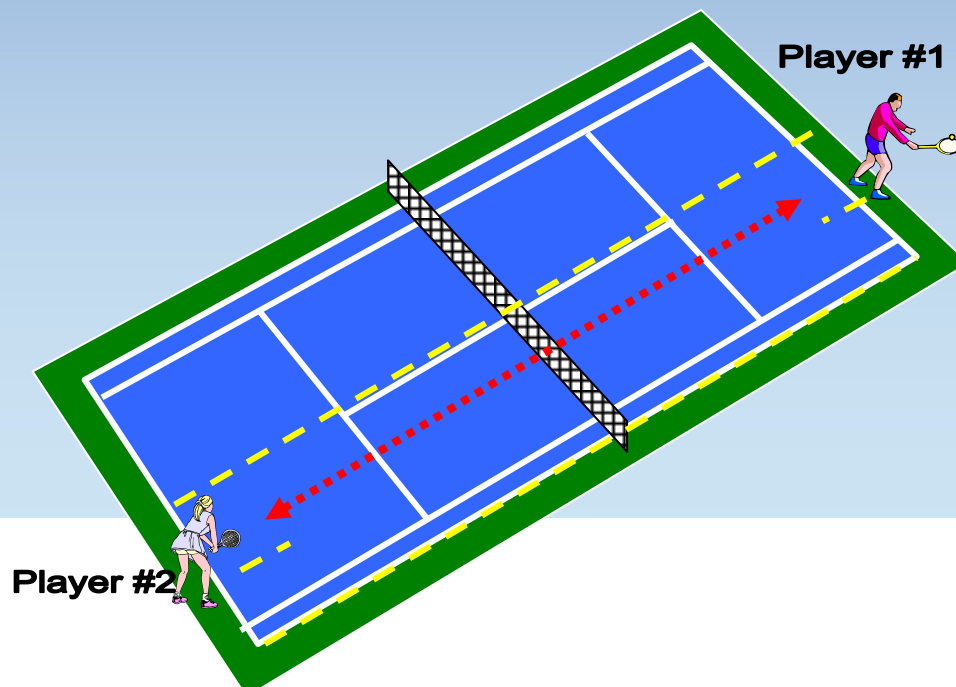
U14 = 25

U12 = 20

Note: An individual score is ½ of these

U10: Rally for 1 minute anywhere on ½ width of Orange Court (no misses)

U9: Rally for 1 minute anywhere on full Red Court (no misses)



One Minute



1st SERVE EVALUATION

DIRECTIONS:

1. Player starts behind the baseline in serve position
2. Serve 3 serves to the Ad Court (1 serve aiming for each Angle, Body, Centre target areas) and then 3 serves to the deuce side. This sequence is repeated 3 times for a total of 18 serves

SCORING:

- Score 1 point for every serve landing in the appropriate target area.
- A bonus 'power point' is awarded if the serve lands beyond the power markers before bouncing a second time
- Server gets 2 attempts at serving 18 balls and the best score out of a possible full 36 points is recorded

The serve does not score a point if:

- The serve lands outside the target area
- The serve's 2nd bounce lands inside the baseline.

CRITERIA

Boys:

U18 = 18+

U16 = 15

U14 = 10

U12 = 8

Girls:

U18 = 16+

U16 = 13

U14 = 10

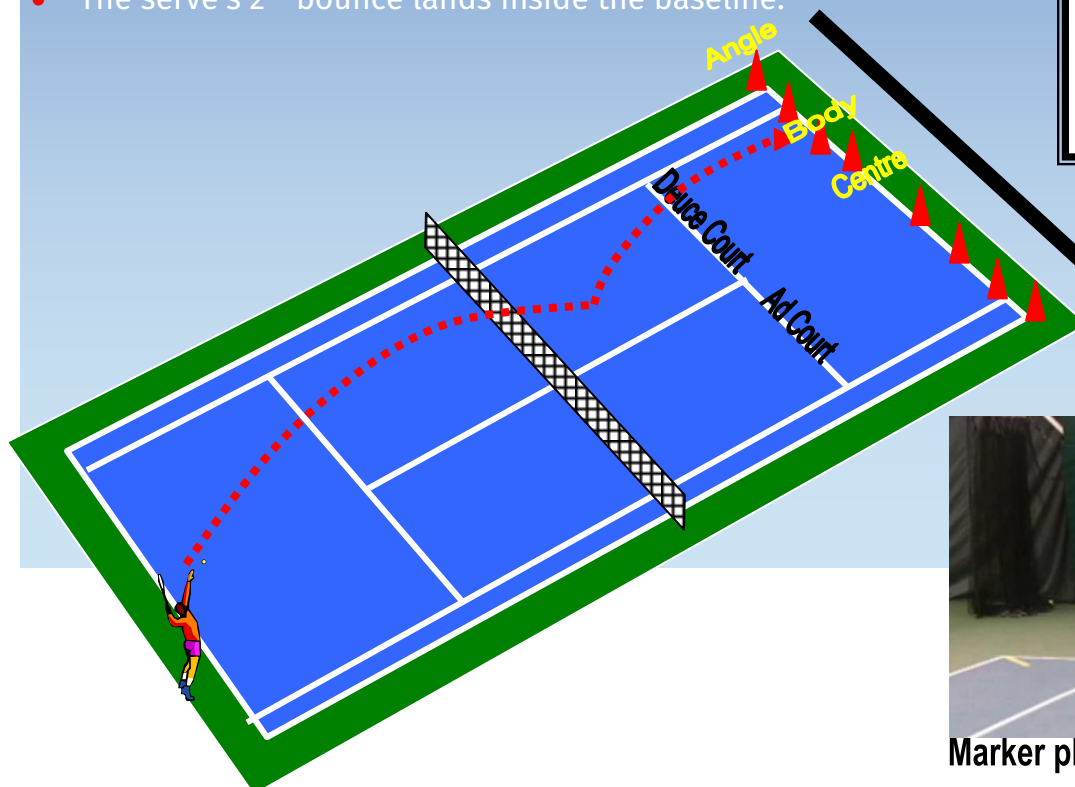
U12 = 8

U10: = 6

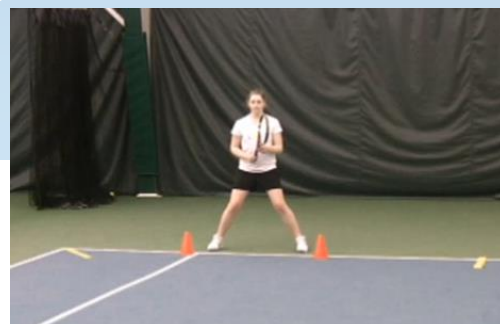
(On Orange Court)

U9: = 6

(Anywhere in Red Court service box)



"Power point" if serve hits wall before 2nd bounce



Marker placement

APPROACH/VOLLEY/OVERHEAD EVALUATION

DIRECTIONS:

1. Coach feeds 3 balls to player (approach/volley/overhead)
2. Approach must keep the coach behind the baseline
3. Volley must keep the coach behind the baseline
4. Overhead must have 2nd bounce land past the baseline

SCORING:

- Player get one point if they appropriately complete the 3 shot sequence (approach, volley, overhead).
- 3 attempts on the FH side and 3 attempts on the BH side
- Best score out of a possible 6 is recorded

The player does not get a score if:

- The ball lands outside the designated area
- The groundstroker is forced to come into the court in front of the baseline

CRITERIA

U18 = 5+

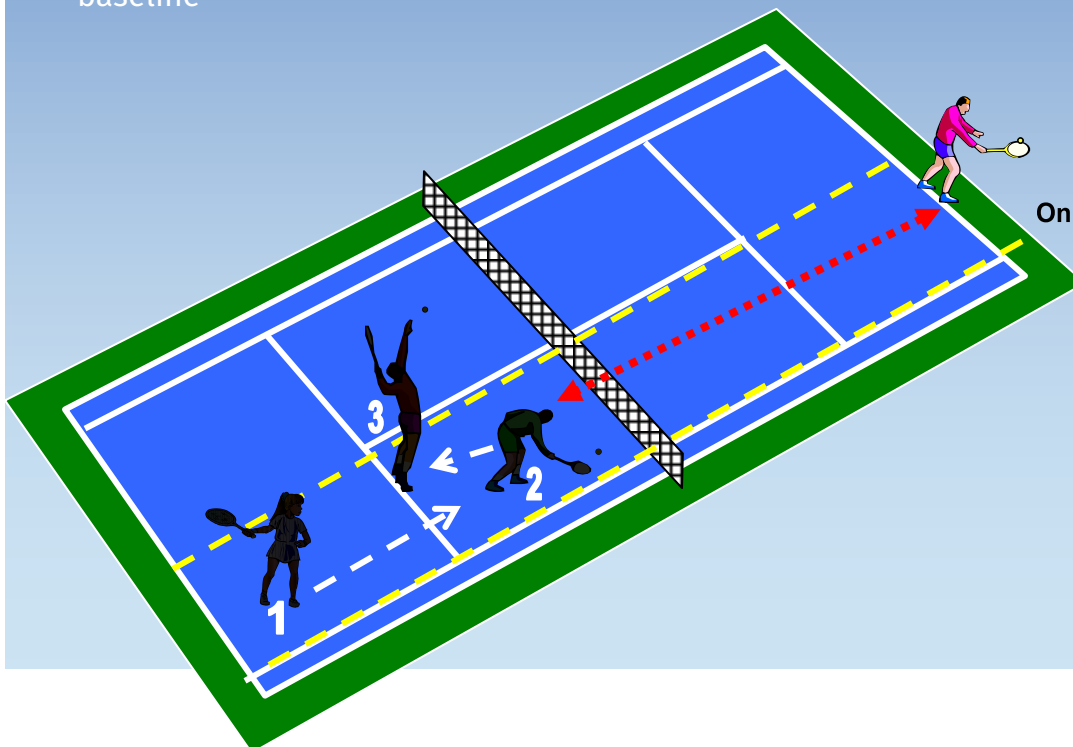
U16 = 4

U14 = 3

U12 = 2

U10: = 2
 (On Orange Court)

U9: = 2
 (On Red Court)



Only approach shots and volleys that keep groundstroker behind baseline count