

## PERFORMANCE ACADEMY APPLICATION - INFORMATION

v. 9.5

This is the detailed information regarding the application to:

- **U9 Performance Team**
- **U10 Performance Team**
- **12U Performance Team**
- **13+ Performance Team**

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 Director of Performance , Nick Coutts to explore possibility of getting into the Performance programs. <b>Note: All players currently in the program must re-apply each year.</b>
Step 2:	If advised to do so, fill in an application (available at <a href="http://www.nvrc.ca/tennis">www.nvrc.ca/tennis</a> ) and email it to Director of Performance
Step 3:	Director of Performance 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.) <b>NOTE: Please do not send in an application if the player has not achieved the required amount of competitive experience.</b>
Step 4 (a):	If your application has been accepted, you will be directed on how and when to proceed with the registration process.
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 Team (Orange)	U10 Performance Team (Green)
<ul style="list-style-type: none"> <li>• <b>Appropriate age</b></li> <li>• Full commitment to scheduled program times (Fitness, Training, Match-play)</li> <li>• Must have played <b>10</b> "Red" Tournaments within the last 12 months</li> <li>• Full Commitment to prescribed amount of tournament matches</li> <li>• Appropriate score on Focus And Motivation Evaluation (as assessed by Coaching Staff)</li> <li>• Appropriate score on POD player assessments</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Appropriate age</b></li> <li>• Full commitment to scheduled program times (Fitness, Training, Match-play)</li> <li>• Must have played <b>15</b> "Orange" (U9) Tournaments within the last 12 months. Win/loss record will be considered.</li> <li>• Full Commitment to prescribed amount of tournament matches per year</li> <li>• Appropriate score on Focus And Motivation Evaluation (as assessed by Coaching Staff)</li> <li>• Appropriate score on POD player assessments</li> </ul>

Entrance criteria	
Performance 12 & Under Team	Performance 13+ Performance Team
<ul style="list-style-type: none"> <li>• Full commitment to scheduled program times (Fitness, Training, Match-play)</li> <li>• Minimum of 45 tournament matches played within the last 12 months. Win/loss record will be considered.</li> <li>• Appropriate ``Grit`` Evaluation score (as assessed by Coaching Staff)</li> <li>• Appropriate scores on POD player assessments</li> <li>• Note: Second Year U12 players must be ranked in the top 20 of Provincial Tournament play.</li> <li>• Current UTR</li> </ul>	<ul style="list-style-type: none"> <li>• Full commitment to scheduled program times (Fitness, Training, Match-play)</li> <li>• Current Provincial Top 20 ranking (1<sup>st</sup> year of age division). Top 16 (2<sup>nd</sup> year of age division)</li> <li>• Minimum of 45 tournament matches played within the last 12 months. Win/loss record will be considered.</li> <li>• Appropriate ``Grit`` Evaluation score (as assessed by Coaching Staff)</li> <li>• Appropriate scores on POD player assessments</li> <li>• Current UTR</li> </ul>

## 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, 1<sup>st</sup> Serve, Approach/Volley/Overhead)

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

- Neutral Rally Evaluation:  
<http://youtu.be/88v2ymSH6UQ>
- 1<sup>st</sup> serve Evaluation:  
[http://www.youtube.com/watch?v=kGiqDB3fU\\_8&feature=share&list=PL2C2F1AF925ADBFE1&index=2](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 our key missions is to develop players who are also independent and respectful individuals who `give back`.

**COMMITMENT:**

**To be dedicated to the actions that drive your development further long-term.**

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.
- Appropriate score on the ``Grit`` Evaluation

**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

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	# 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, parent support for program and coaches and alignment with Academy values, 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?

Please contact: **Nick Coutts**-Director of High Performance  
[couttsn@nvrc.ca](mailto:couttsn@nvrc.ca)  
 Centre phone 604-983-6483

## GRIT Scale

**Recent research has shown that the quality of 'grit' is a key determining factor in long-term performance success:**

*"Grit is defined as perseverance and passion for long-term goals. Grit entails working strenuously toward challenges, maintaining effort and interest over years despite failure, adversity, and plateaus in progress. The 'gritty' individual approaches achievement as a marathon; his or her advantage is stamina. Whereas disappointment or boredom signals to others that it is time to change trajectory and cut losses, the gritty individual stays the course."*

RATING	Grit Components
<p style="text-align: center;"><b>3.</b> `Grit` is part of their character <small>(it is `who they are`)</small></p>	<p><b>DEVOTION TO THE TRAINING PROCESS:</b> Commitment to attend all practice times and competing to gaining competitive experience. Taking every available opportunity to practice outside of scheduled lesson times.</p>
<p style="text-align: center;"><b>2.5</b></p> <p style="text-align: center;"><b>2.</b> Consistently Displays `Grit`</p>	<p><b>PERFORMER</b> The `performer` manages fears to execute under pressure. Managing the fear of failure and loss with courage, trying new skills learned (not risk-adverse), and having a <b>`Fail Forward`</b> mentality (Embracing failure as a `stepping stone` to future improvement rather than allowing it to incapacitate you).</p>
<p style="text-align: center;"><b>1.5</b></p> <p style="text-align: center;"><b>1.</b> Sometimes Displays `Grit`</p>	<p><b>FOCUSED</b> Looking to get the most out of training by practicing specifically with focus (e.g. Having a specific intention for every shot) and with a goal, rather than simply `going through the motions`.</p>
<p style="text-align: center;"><b>0.5</b></p> <p style="text-align: center;"><b>0</b> Rarely Displays `Grit`</p>	<p><b>COMPETITOR</b> Being a `competitor` highlights the quality of resilience. The player can handle adversity (unforeseen shocks, surprises and obstacles) with full independence, optimism, creativity and an attitude to overcome.</p> <p><b>GROWTH MINDSET:</b> Believing that effort, dedication and hard work will get you to your goals. Prioritizes progress over perfection. Displays a love of learning.</p>

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## 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 1<sup>st</sup> 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** = 40

**U16** = 35

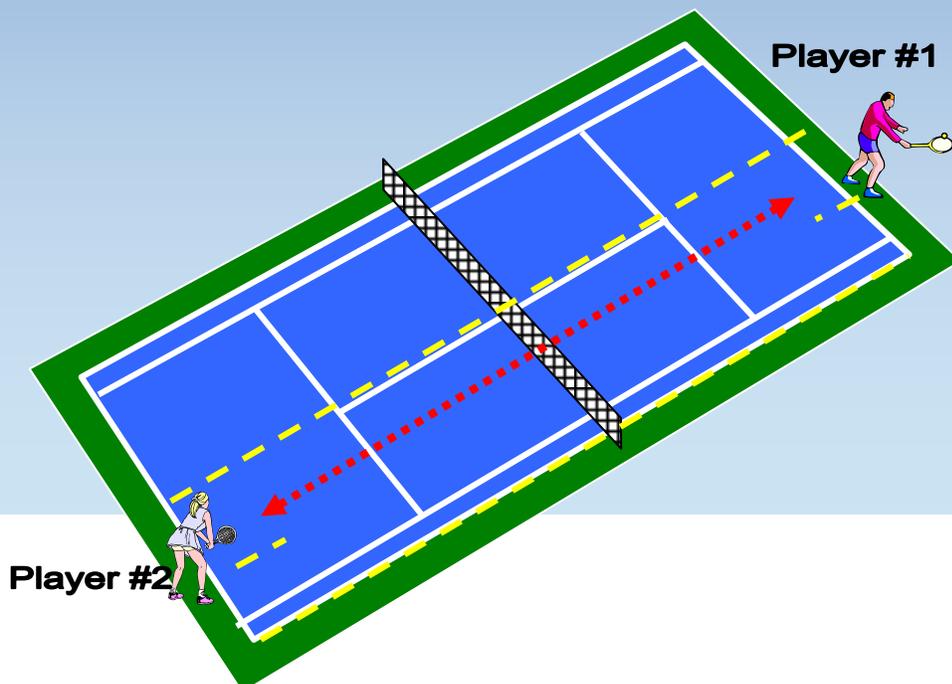
**U14** = 30

**U12** = 25

**Note:** An individual score is ½ of these

**U10:** Must achieve U12 criteria on ½ width of Orange Court (mix of FH & BH's)

**U9:** Must achieve U12 criteria on full Red Court (mix of FH & BH)



**One Minute**

## 1<sup>st</sup> 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 2<sup>nd</sup> bounce lands inside the baseline.

### CRITERIA

#### Boys:

**U18 = 18+**

**U16 = 15**

**U14 = 10**

**U12 = 8**

#### Girls:

**U18 = 16+**

**U16 = 13**

**U14 = 10**

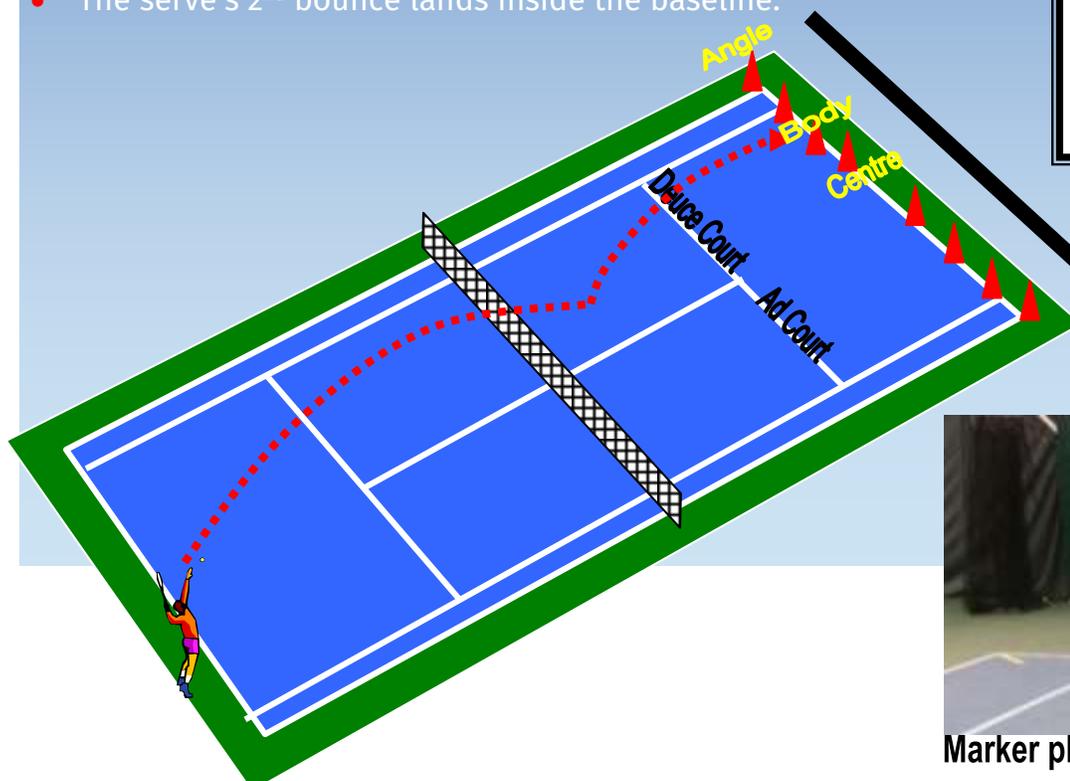
**U12 = 8**

**U10: = 6**

(On Orange Court)

**U9: = 6**

(Anywhere in Red Court service box)



"Power point" if serve hits wall before 2<sup>nd</sup> 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 2<sup>nd</sup> 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+**

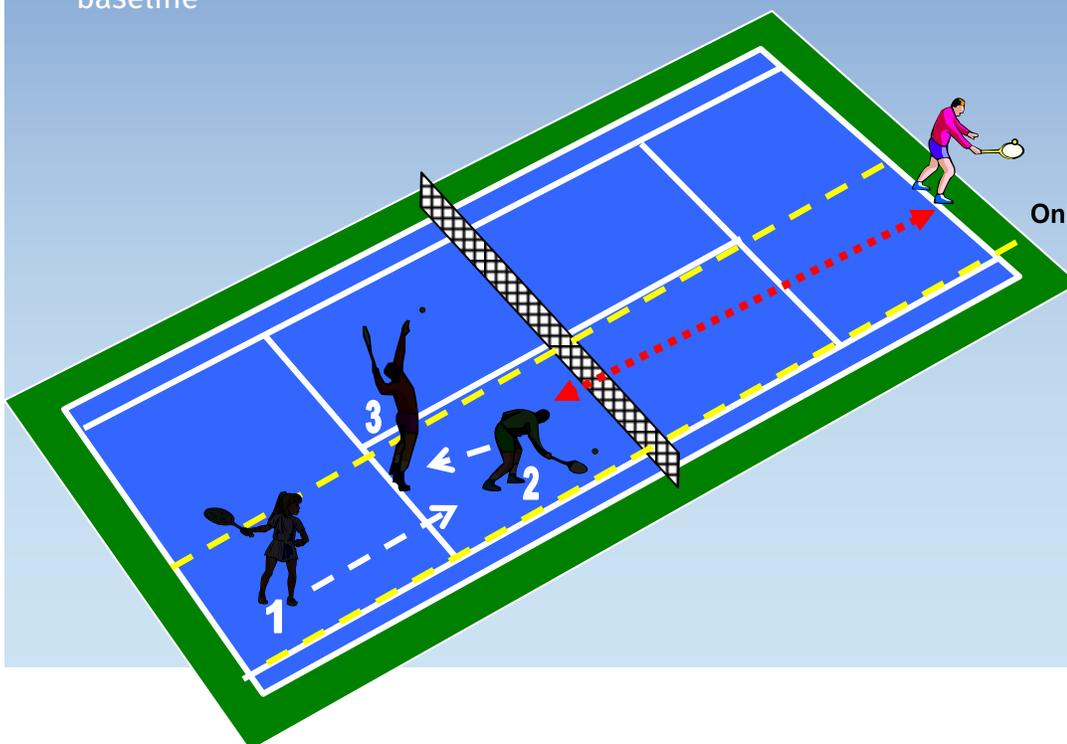
**U16 = 4**

**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