



COACH 2 COURSE INFORMATION GUIDE



Who is the Coach 2 course for?

The Coach 2 course (*NCCP Context: Introduction to Competition Advanced*) is the first level of the Tennis Canada's "Competition Stream – Performance Coaching" certification stream, focusing on the [LTAD Stage 2 "FUNdamentals" and Stage 3 "Developing"](#) for Girls and Boys aged 5-12 (International Standard). Note: The competencies developed during this course will also be applicable to juniors and adults, regardless of age, who are in the "FUNdamentals" or "Developing" stages of the LTAD.

This performance coaching course is suitable for committed coaches who demonstrate the highest qualities of integrity, dedication, commitment and skill towards working with competitive oriented juniors and adults.

Role in Industry: Coach at an Academy or Junior Development Program, Head Coach for U12 Program ($\frac{1}{2}$, $\frac{3}{4}$, Full Court Green or U12 Full Court), Personal Coach for U12 Player, Club Level Adult Competitive Coach.

ALL CANDIDATES MUST BE WORKING YEAR ROUND WITH PROVINCIAL LEVEL COMPETITIVE PLAYERS

What is the major focus of the Course?

The major focus of this course is to ensure that the coach has the competencies to develop a strong global foundation in order to develop competitive players, ages of 5 – 12, with the ultimate goal of increasing the pool of U12 players in Canada with international profiles. The coaches will be competent in developing a young player from progressive tennis to full court while developing a solid foundation of technical, tactical, physical and psychological fundamentals. The coach will be capable of creating a consistent high performance environment while possessing the attention to detail that goes into managing a player and the relentlessness required to develop great habits. In addition, coaches will be competent in addressing the needs of competitive adult players ([up to 5.0 level](#)) in the club environment.

[Click here for the Coach 2 Pathway](#)

What are the prerequisites?

1. Minimum certification requirement: Club Professional 1 or recognition of coaching competence
2. Minimum age: 18 years
3. Minimum level of play: [5.0](#)
4. Coaches must be able to feed at an advanced level and demonstrate advanced skills as required in order to work with a top National Level U12 player
5. Be a current member of the [Tennis Professionals Association](#).
6. Coaches must have **two** U12 players that they work with primarily for the duration of the course. You are ultimately responsible for their overall development and coach both on a weekly basis (i.e., in group and private training; support in competitive environments). These players will be used for your portfolio assignments.
7. If not already done so, coaches must complete the [NCCP Make Ethical Decision Competition - Introduction](#) on line evaluation prior to the first regrouping of the course.

What are the required course materials and resources?

1. Coaches must have access to a video camera, wireless microphone, tripod and the ability to transfer video to a computer.
2. Coaches must be able to produce documents electronically (WORD and PDF).
3. In addition to the U12 players in #1, coaches must have 4 players (age appropriate) accessible for the implementation of ½ and ¾ court Progressive Tennis Assignments.

How will I be evaluated?

You will review and sign a Commitment to Excellence letter verifying your understanding of what will be required to complete course.

The following will summarize the various evaluations which will be used to determine certification for the Coach 2 Course. (Note: Specific topics for each evaluation will come from the LTAD competencies). These will consist of:

1. [Live On Court Evaluations](#)
2. Live Written Evaluations
3. Video Coaching Evaluations (done from home environment)
4. Written Assignments (done from home environment)
5. Final Presentation of Portfolio (of work done with two U12 players)

Live On Court Evaluations

1. Tennis Specific Warm-Up
2. Tactical Decision Making
3. On Court Physical Development
4. Private Lesson with a Technical Focus
5. Coaching at Competition

Live Written Evaluations

Various throughout course which will cover reading assignments and other work covered during course.

Video Coaching Evaluations

1. Video of Implementation of Physical battery of tests
2. Video of Matches (and associated charting) for 2 players to initially assess players; then to follow up on tactical and mental progress of objectives established during initial assessment; this will be accompanied by a written report on progress along with facts from charting
3. Video of Implementation of a PT Training session directly from ½ and ¾ Curriculum; this will be accompanied by detailed written plan

4. Video of Private lesson on technique to cover serve, FH or BH GS, specific volley, 3x20 min each (3rd, 4th and 5th regrouping) and to observe technical progress of identified fundamentals from initial assessment
5. Video of Goals presented to parents and players following initial assessment and goal setting
6. Video of a Physical Session based on LPTDP, which will include a physical warm-up; it will coincide with a physical plan

Written Assignment/Project: Portfolio and Workbooks

1. Pre Course Workbook
2. In Course Workbook
3. Portfolio (this includes your two U12 player profiles, global assessments, training and competitive guidelines, in addition to any information related to managing your players' development throughout year).

Note: Please note that other assignments and evaluations may be added at the discretion of the Course Facilitators in order to help ensure that course competencies are met.

Candidates must achieve a “met standard” rating on all of the evaluations and assignments to be certified. If candidates achieve an “incomplete or do not meet standard” rating on any evaluations or assignments, they must re-take that evaluation or redo the assignment. The timing of these evaluations and due dates for all assignments will be clearly discussed and disseminated during the course.

Candidates have a limited time (that will be determined by the Course Facilitator) from the end date of their original course to complete all evaluations or work pending. Candidates have a maximum re-take of 1 for any particular “incomplete” evaluation. Otherwise, they must re-take the entire course at full price.

Who will lead the course?

The course will be led by Tennis Canada’s Director of High Performance Coaching, Jocelyn Robichaud along with Marie-France Mercier, Manager of Coaching Development and a team of Course Facilitators. The course will also include involvement of Tennis Canada Sport Science Experts.

What is the course schedule?

The course will be 25 days of course work which is made up of 6 regroupings, 4-5 days in length, over 1.5 years. 100% mandatory attendance of all regroupings is required for this course.

This commitment involves ensuring sufficient allotment for travel as well as in course regrouping days. It may also require the cooperation and permission of your manager/leader as there is significant time away from your club or academy environment. In addition, there will be approximately 30-40 hours of a variety of home assignments between regroupings which includes items such reading, portfolio work, research, videotaping of athletes, evaluation preparation, etc.

Here is the schedule of the 2014/15 course regrouping schedule:

1. May 4-7, 2016 (4 days Wednesday to Saturday)
2. August 18-21, 2016 (4 days) Coupe Leblanc (in St-Hyacinthe, QC)
3. November 17 –20, 2016 (4 days)
4. February 9 – 12, 2017 (4 days)
5. June 12 – 16, 2017 (5 days)
6. September 21-24, 2017 (4 days)

Where is the course take place?

The course will take place at the Aviva Centre, York University – 1 Shoreham Drive, Toronto, Ontario M3N 3A6. Please note that the regrouping 2 will be held in St-Hyacinthe, Quebec during the Coupe Leblanc. Details will be provided during the course.

How much does it cost?

Regular: \$1,780 (Incl. HST) for TPA member, \$2,405 (Incl. HST) for non TPA member

Subsidized: (see below rate): \$1,150 (Incl. HST) for TPA member only

Subsidies come in two forms:

1. The Course Subsidy: \$630 (Incl. HST) subsidy reduces the cost of the course to \$1,150 (Incl. HST)
2. Travel Subsidy: for candidates outside of Ontario (covers the cost of flights). Candidates must organize their own accommodation. Note: Some local hotels will offer special rates.

Who can apply for subsidies?

1. Coaching candidates who are involved with a TDC or with provincially-ranked players
2. Former top-ranked Canadian players (Top-8 nationally-ranked Under-18 juniors and/or top-20 open category players)

Note: Coaches applying for a subsidy must be a member of the TPA

How will selection of course participants be determined?

Selection of course participants will be based on both coaching experience/results and on past playing experience.

How do I register for the course?

1. Contact Joan Leung at Tennis Canada, 416-650-7938 or jleung@tenniscanada.com, for the Registration Form.
2. Coaches and former players applying for subsidies are required to send in the following with their application form:
 - A one page paper outlining coaches and/or playing experience as well as expressing the goals of the individual
 - Letter of reference from employer
 - A testimonial from a parent of a ranked player who the candidate is coaching regularly (minimum 6 months) – **coaches only**
 - Letter of approval from the applicant's Provincial Association or Head Course Facilitator
3. Send your application, plus a deposit of \$200 to Tennis Canada no later than the registration date as posted on the TPA website. The balance of the course fee will be paid in full through a credit card or certified cheque by January 31, 2016. Note: The deposit will be returned to any candidate who is not accepted into the program. The course will be limited to the first 16 who are accepted.

Send your application and deposit to: Tennis Canada, Attention: Joan Leung, 1 Shoreham Drive, Suite 100, Toronto, Ontario, M3N 3A6

Who do I contact for more information?

Please contact Joan Leung at 416-650-7938, jleung@tenniscanada.com or Jocelyn Robichaud at 514-273-1515 ext: 6257, jrobichaud@tenniscanada.com