



COACH 3

COURSE INFORMATION GUIDE



WHO IS THE COACH 3 COURSE FOR?

The Coach 3 course (NCCP Context: Competition Development) is the third level of the Tennis Canada's "Competition Stream – Performance Coaching" certification stream, focusing on the LTAD Stage 4 "Consolidating".

This performance coaching course is suitable for coaches who demonstrate the highest qualities of teamwork, passion, integrity, innovation, excellent and accountability, currently working with players competing at the national and early stages of the international circuit.

Role in Industry: Coach at an Academy or Junior Development Program, Leadership Position in Academy, Personal and Travelling Coach for National or International competition, Provincial Coach at Nationals, Canada Games Coach.

**ALL CANDIDATES MUST BE WORKING YEAR-ROUND WITH
NATIONAL LEVEL COMPETITIVE PLAYERS**



WHAT IS THE MAJOR FOCUS OF THE COURSE?

The major focus of Coach 3 is to ensure that the coach has the on-court competencies (tactical, technical, physical, and psychological), and off-court leadership skills to lead a program, team, or player, helping the player developing the skills required to compete at the international level. The priority is to develop competitive players while increasing the “pipeline” of players in Canada with international standards. The coach will be capable of creating a culture of excellence while possessing the attention to detail, maintaining great habits, and pushing the player’s limit to consolidate the player’s identity. The coach will develop a stronger sense of ownership over their own mission, vision, and values.

WHAT WILL I LEARN?

In this course you will gain knowledge and competencies on:

- Ethical Coaching and Safeguarding
- Coaching the player in practice, developing an attitude of excellence
- Periodization planning according to athletes LTAD stage
- Creating player priorities according to international competencies evaluation
- Coaching at Competition
- Manage a Program
- Problem Solving
- Leadership Skills

HOW WILL I BE EVALUATED?

The following will summarize the various evaluations which will be used to determine certification for the Coach 3 Course. (Note: Specific topics for each evaluation will come from the LTAD consolidating stage).

These will consist of:

1. Live On-Court Coaching Evaluations
 - a. Competitive playing test
 - b. Challenging your player to perform under adversity (pressure, focus, compete)
 - c. Private lesson with a technical focus (biomechanical principals)
 - d. Training Effective Tactical Shot Variations (decision making using anticipation, disguise, and external information)
2. Live Written Evaluations
 - a. Various throughout the course which will cover reading assignments and other work covered during course.
3. Video Coaching Evaluations
 - a. Tennis Specific
 - b. Physical Development Specific
4. Written Assignment/Workbook
 - a. Pre-Course Assignments
 - b. In Course Workbook (ex: reading reports, reflections...)

5. Main Course Project Evaluation

- a. Identify your player's priorities
- b. Introduce and improve the skill
- c. Provide repetition including variability to enhance the skill
- d. Learn to own the skill
- e. Implement into match play

Note:

- Please note that other assignments and evaluations may be added at the discretion of the Coach Developers.
- You will review and sign a Commitment to Excellence letter verifying your understanding of what will be required to complete the course.

Candidates must achieve a “meet standards” rating on all the evaluations and assignments to be certified. If candidates achieve an “incomplete or below standards” rating on any evaluations or assignments, they must re-take that evaluation or redo the assignment. The timing of those evaluations and due dates for all assignments will be clearly established and identified during the course.

After the final date of the course, any candidate who “does not meet standards” on more than 1 evaluation or assignment will be required to retake the course. For those who only have 1 evaluation that does not “meet standards” they will have a limited time (determined by the Course leader) to retake, only once, the outstanding evaluation and successfully “meet standards”.



WHAT ARE THE COURSE PREREQUISITES?

1. Minimum certification requirement: Coach 2 or recognition of coaching competence
Note: If new to Canada, coach must provide proof of equivalent certification from ITF recognized tennis federation for acceptance by Tennis Canada and have worked for a minimum of 2 years with performance athletes at the appropriate LTAD stage.
2. Minimum age: 21 years
3. Minimum level of play: 5.5
4. Coaches must be able to feed and play at an advanced level to demonstrate advanced skills as required to work with a top National junior player.
5. Be an Active TPA member
6. Coaches must have two players at the Consolidating Stage 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 - Development online 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 two players in #6, coaches must have 4 junior players (age appropriate) accessible for the implementation of Tennis Assignments.

WHO WILL LEAD THE COURSE?

The course will be led by Tennis Canada Consultant of High-Performance Coaching – Sarah Kadi along with the team of Coach Developers. The course will also include involvement of Tennis Canada Sport Science Experts.



WHAT IS A TYPICAL COURSE SCHEDULE/STRUCTURE?

The course will be 25 days of course work which is made up of 4 regroupings including webinar and in person regroupings, over a 1-year period. 100% mandatory attendance of all regroupings (webinar and in person) is required for this course. The Coach 3 course is given every second year.

Your commitment to the course involves making sure you are free for the webinars, in person regrouping days as well as the travel time required to attend. 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 a good number of hours with a variety of home assignments between regroupings which includes items such as reading, portfolio work, research, videotaping of athletes, evaluation preparation, etc.



2023 TENTATIVE SCHEDULE

Regrouping #1 (Stade IGA)	4.5 days	Wednesday to Sunday February 15 - 19 8 :30am to 4 :30pm	Ending noon on Sunday
Webinar #1	2 days	Tuesday April 18 10-12 pm + 1-3 pm Wednesday April 19 10-12 pm + 1-3 pm	
Regrouping #2 (Aviva Centre)	4.5 days	Wednesday to Sunday April 26 - 30 8 :30am to 4 :30pm	Ending noon on Sunday
Webinar #2	2 days	Tuesday June 21 10-12 pm + 1-3 pm Wednesday June 22 10-12 pm + 1-3 pm	
Webinar #3	1 day	Tuesday Aug 15 10-12 pm + 1-3 pm	
Regrouping #3 (Stade IGA)	4.5 days	Wednesday to Sunday Aug 23 - 27 8 :30am to 4 :30pm	Ending noon on Sunday
Webinar #4	2 days	Tuesday Oct 24 10-12 pm + 1-3 pm Wednesday Oct 25 10-12 pm + 1-3 pm	
Regrouping #4 (Aviva Centre)	4.5 days	Wednesday to Sunday Nov 1 - 5 8 :30am to 4 :30pm	Ending noon on Sunday

WHERE WILL THE COURSE TAKE PLACE?

The course will take place at the Aviva Centre, York University – 1 Shoreham Drive, Toronto, Ontario M3N 3A6 OR the IGA Stadium- 285 rue Gary-Carter, Montreal, Quebec, H2R 2W1.

How much does the course cost?

Cost of the course (must be a TPA member in good standing): \$2,260.00 (plus HST)

Half of the payment (\$1,130.00 + HST) will be required when the coach is accepted into the course to confirm his/her place in the course. The other half (\$1,130.00 + HST) will be processed on the first day of the first in-person regrouping.

Note: a fixed travel subsidy is offered to candidates outside of Ontario and Quebec. All candidates must organize their own accommodation. Some local hotels will offer special rates.

WHO CAN APPLY FOR TRAVEL SUBSIDIES?

1. Coach candidates who are involved with a TDC (15 hours minimum a week of involvement) or head coach of a national-ranked players (15 hours minimum a week of involvement)
2. Former top-ranked Canadian players (Top-8 nationally-ranked Under-18 juniors and/or top-20 open category players)

HOW WILL SELECTION OF COURSE PARTICIPANTS BE DETERMINED?

All coaches applying for the Coach 3 course must be Active TPA members. Selection of course participants will be based on the Coach 2 coaching course performance, involvement in coaching, coaching experience/results and on past and current playing level.



HOW DO I REGISTER FOR THE COURSE?

1. Contact **Merhay Tesfa Endrias** at Tennis Canada, (514) 884-9653 or by email at **mtesfa-endrias@tenniscanada.com** for the Application Form.
2. Coaches and former players applying for an acceleration are required to send in the following with their application form:
 - A one-page letter expressing personal coaching goals
 - Letter of reference from employee
 - 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

WHO DO I CONTACT FOR MORE INFORMATION?

Contact Merhay Tesfa Endrias at Tennis Canada, (514) 884-9653 or by email at **mtesfa-endrias@tenniscanada.com**

