



COACH 3 COURSE INFORMATION GUIDE



Who is the Coach 3 course for?

The Coach 3 course (*NCCP Context: Competition Development*) is the second level of the Tennis Canada's "Competition Stream – Performance Coaching" certification stream, focusing on the [LTAD Stage 4 "Consolidating"](#) for Girls 12-14 and Boys 13-15.

This performance coaching course is suitable for committed coaches working with high performance juniors through the Consolidating Stage of development (ideally age 12-15 – international standard) according to the Tennis Canada LTAD (Long Term Athlete Development). A Coach 3 is a high performance athlete development leader who demonstrates the highest qualities of integrity, dedication, commitment and skill towards developing top international Canadian tennis players. Coach 3's are passionate and relentless in pursuit of developing and applying a high performance training environment with the components required for athletes to progress successfully to the Consolidating stage (ideally 15 + international standard) and beyond.

Role in Industry: Coach at an Academy or Junior Development Program, Leadership Position in Academy, Personal or Travelling Coach, Provincial Coach at Nationals, Canada Games Coach, Club Level Adult Competitive Coach.

ALL CANDIDATES MUST BE WORKING YEAR ROUND WITH U14 NATIONAL PLAYERS AND OR TOP U16 AND U18 PROVINCIAL COMPETITIVE PLAYERS

What is the major focus of the Course?

The major focus of this course is to ensure that the coach has the ability to develop the proper competencies (tactical, technical, physical and psychological) for young players and to progress those athletes successfully through the consolidating stage, allowing them to be on track for the learning to perform phase, according to international standards of play for that level. Note: The majority of provincial and national level players are still in the Consolidating stage throughout their junior years.

The coach will be capable of developing the attitude and values of an elite performance Leader by creating a consistent high performance environment, the attention to detail that goes into managing a player and the relentlessness required to develop and maintain great habits. In addition to these foci, coaches will be competent in addressing the needs of competitive adult players ([up to 5.0 level](#)) in the club environment.

Major topics include:

1. Designing a training program that respects the requirements of the LTAD stage of the athlete (i.e., awareness of international standards for Developing, Consolidating, and Learning to Perform stages)
2. Managing a junior development program
3. Planning a practice, including:
 - a. analyzing player standard compared to international norms

- b. creating a developmental plan to reach norms
 - c. evaluating player progress and adjust plans accordingly
4. Coaching during practice, including:
 - a. developing attitudes and beliefs of excellence
 - b. developing mental, technical, tactical, and physical skills
 - c. pushing the limits of mental, technical, tactical, and physical skills
5. Coaching and providing support during competition
6. Analyzing performance
7. Ethical coaching

[Click here for the Coach 3 Pathway](#)

What are the course prerequisites?

1. Minimum certification requirement: Coach 2 or recognition of coaching competence
 - a. 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 high performance athletes at the Developing Stage (Under 12 – high provincial/national level) or higher.
2. Minimum age: 21 years
3. Minimum level of play: [5.0](#) and be able to feed at an advanced level and demonstrate advanced skills as required in order to work with a top National Level players at the Consolidating Stage (ideally age 12-15 international standard or under 18 high national level)
4. 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.
5. Be a current member of the [Tennis Professionals Association](#).
6. If not already done so, coaches must complete the [NCCP Make Ethical Decision Competition - Development](#) on line evaluation prior to the first regrouping of the course.

Entrance Criteria for former top Canadian professional players

- Communicate the desire and commitment to become a Level 3 Coach and above.
- Played Davis Cup or Fed Cup for Canada or have achieved a top 200 ATP/WTA singles ranking or top 100 ATP/WTA doubles ranking
- Must be in good standing with Tennis Canada and be considered a good role model with strong leadership skills
- Must commit to a program of participation in a customized program involving work at national training camps, attendance at some of the Coach 3 regroupings, personal assignments and private mentoring with select national coaches

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 computer
2. Coaches must be able to produce documents electronically (WORD and PDF).

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 3 Course. (Note: Specific topics for each evaluation will come from the LTAD for the consolidating stage). These will consist of:

1. Live On Court Coaching Evaluations
2. Video Coaching Evaluations (done from home environment)
3. Main Course Project Evaluation

Live On Court Coaching Evaluations

Mastering Technical/Tactical fundamentals via “quality training”

1. To be able to set up and run a drill to provide appropriate volume and feedback with the philosophy of “pushing the limits” of technical and or tactical skill acquisition
2. Use of appropriate communication style to create a challenging environment and inspire quality and displays commitment to high standards through relentless commitment to the task
3. Establish appropriate drill to master skills

Challenging your player to be a performer who is focused and competitive via “quality training”

1. To be able to set up and run a drill to develop the values of a performer, competitor and focus through challenging players mentally
2. Use of appropriate communication style to create a challenging environment and inspire quality and displays commitment to high standards through relentless commitment to the task
3. Establish appropriate drill to develop required values or skills

Feeding evaluation

1. Correct tempo, placement, power and spin to train a consolidating stage level player
2. Ability to adjust level of difficulty of feed to progress player to next stage

Main Course Project Evaluation

1. **Identifies** priorities for that player based on their performance and provide the rationale based on the stage of development, game style, and long term development.
 - a. Player’s assessment according to the LTAD consolidating stage
 - b. Summary of the work done with your player in the past 6 months

- c. Identification of priorities providing rational and evidences (charts, videos, stats)
2. **Teach** the necessary technical, tactical, physical and mental skills to be effective in that specific area
 - a. Presentation of appropriate priorities to the player
 - b. Overview of the understanding stage of development
3. Provide the appropriate volume and practice structure to ensure the skill is **grooved** to the stage of mastery
 - a. Overview of the grooving stage of development
4. Demonstrate an ability to systematically open the skill to ensure required automatic **differentiation**
 - a. Overview of the automating stage of development
5. **Prepare** your player to implement the learned skill into match play, **analyze** the efficiency of the new skill and **re-evaluate** your player to adjust the annual plan
 - a. Pre-match overview (schedule, routine, match plan)
 - b. During match work (charting, observation of performer/performance)
 - c. Post-match report (Player's observation on performance, Coach's observations on performance/performer, evaluation of player's and adjustment to annual plan)

Various Assignments

1. Coaching videos
2. Planning
3. Written assignments (ex: reading reports, reflections...)

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 12 months 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 Department and a team of Course Facilitators including Christine Picher, Simon Bartram and Sebastien Leroux. The course will also include involvement of Tennis Canada Sport Science Experts including André Parent as the Physical Development expert.

What is the course schedule and commitment required?

The course will be 30 days of course work which is made up of 6 regroupings, 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 2016 - 2018 course regrouping schedule:

Regrouping 1: October 12 – 16, 2016 (Wed-Sun)

Regrouping 2: January 18 – 22, 2017 (Wed-Sun) Stade Uniprix - Montreal

Regrouping 3: April 26 – 30, 2017 (Wed-Sun)

Regrouping 4: August 28 – Sept. 1, 2017 (Mon - Fri) Internationaux de Repentigny ITF G1

Regrouping 5: November 15 – 19, 2017 (Wed-Sun)

Regrouping 6: February 7 - 11, 2018 (Wed-Sun)

Where is the course take place?

The course will take place at the Aviva Centre, York University – 1 Shoreham Drive, Toronto, Ontario M3N 3A6

How much does the course cost?

Regular: \$2,203.50 (Incl. HST) for TPA member, \$2,768.50 (Incl. HST) for non TPA member.

Subsidized: (see below rate): \$1,440.75. (Incl. HST) for TPA member only

Subsidies come in two forms:

1. The Course Subsidy: \$762.75 (Incl. HST) subsidy reduces the cost of the course to \$1,440.75 (Incl. HST)
2. Travel Subsidy: for candidates outside of Ontario, Tennis Canada will cover 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 have a major coaching role with a TDC (15 hours a week + involvement) and/or are the main coach of nationally-ranked players (15 hours a week + involvement).
2. Former top-ranked Canadian players (see criteria for top ranked player status)

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 Application Form.
2. Coaches and former players applying for subsidies are required to send in the following with their application form:
 - A one page paper 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 \$250 to Tennis Canada no later than the registration date by AUGUST 31, 2016. The balance of the course fee will be paid in full through a credit card by October 1, 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 25 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