



# 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"

This development coaching course is suitable for coaches who demonstrate the highest qualities of integrity, dedication, commitment and skill towards working with provincial and national competitive players.

Role in Industry: Coach at an Academy or Junior Development Program, Head Coach for U12 Program (Red Court, Orange Court, Green Court or Full Court Regular Ball), Personal Coach for top provincial competitive player.

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

### ***What is the major focus of the Course?***

The major focus of the Coach 2 course is to ensure that the coach has the competencies to develop a strong global foundation (technical, tactical, physical and psychological fundamentals) in order to maximise the player's development and transition to the next level without limitation. The priority is to develop competitive players while increasing the pool of U12 players in Canada with international profiles. 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 top provincial/national competitive adult players in the club environment.

### ***What will I learn?***

In this course you will gain knowledge and competencies on:

- Creating a Safe Tennis Environment
- Making Ethical Decision
- Provide Support to Athlete in Training
- Plan a Practice
- Support the Competitive Experience
- Analyse Performance
- Design a Sport Program
- Manage a Program
- Tennis Specific Outcomes

### ***How will I be evaluated?***

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

- a) Feeding and Playing test
- b) High-Performance Fundamental Training (cooperative with rotations)
- c) Training Challenging Point Situations
- d) Private Lesson with a Technical Focus (technical fundamentals)
- e) Training Effective Tactical Pattern Variation (decision making considering players strengths/weaknesses)

## 2- Live Written Evaluations

Various evaluation through written exam or quiz will assess your knowledge on the topics covered during the course.

## 3- Video Coaching Evaluations

- a) 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
- b) Video of Implementation of a Training session; this will be accompanied by detailed written plan
- c) Video of Private lesson on technique to cover serve, FH or BH, specific volley, 3x20 min each and to observe technical progress of identified fundamentals from initial assessment
- d) Video of Goals presented to parents and players following initial assessment and goal setting
- e) Video of a Physical Session based on fundamental movement and coordination, which will include a physical warm-up; it will coincide with a physical session plan.

## 4- Written Assignment/Workbook

- a) Pre-Course Assignments
- b) In Course Workbook

## 5- Final Presentation of Portfolio (of work done with your 2 players)

### **Note:**

\*Please note that other assignments and evaluations may be added at the discretion of the Coach Developers in order to help ensure that course competencies are met.

\*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” in 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 one opportunity to retake the outstanding evaluation within a limited time (determined by the Course leader).

### ***What are the prerequisites?***

1. Minimum certification requirement: Club Professional 2 or recognition of coaching competence
2. Minimum age: 20 years
3. Minimum level of play: 5.5
4. Coaches must be able to feed at an advanced level and demonstrate advanced skills as required in order to work with a National junior player.
5. Be an Active TPA member
6. Coaches must have **two** U12 competitive players (provincially ranked) 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 [NCCP Make Ethical Decision](#) 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 U12 players in #6 above, 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's Director of High-Performance Coaching-Jocelyn Robichaud 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 20 days of course work (100% mandatory attendance of all regroupings is required for this course) which is made up of 4 regroupings of 5 days in length, over 1-year period. The Coach 2 course is given every second year.

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.

The course regrouping TENTATIVE schedule is as follows (note: subject to change):

1. February (Wednesday-Sunday)
2. May (Wednesday-Sunday)
3. August (Wednesday-Sunday)
4. November (Wednesday-Sunday)

### ***Where will the course take place?***

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

### ***How much does it cost?***

Regular: \$2,100 (Incl. 241.59\$ HST) for TPA member, \$3,000 (Incl. 345.13\$ HST) for non TPA member

Subsidized: (see below rate): \$1,600 (Incl. 184.07\$ HST)

Subsidies come in two forms:

1. The Course Subsidy: \$500 (Incl. HST) subsidy reduces the cost of the course to \$1,600 (Incl. HST)
2. Travel Subsidy:
  - a. candidates outside of Ontario and Quebec (covers the cost of flights). Candidates must organize their own accommodation.
  - b. a fixed subsidy will be offered to candidates from Ontario and Quebec when the course is outside of their province to help cover transportation.  
\*Note: Some local hotels will offer special rates.

*Note: 250\$ will be required with the coach 2 course application, the remainder will be split in half with the first half due prior to the first day of the 1<sup>st</sup> regrouping and the second half prior to the first day of the third regrouping.*

### ***Who can apply for subsidies?***

1. Coaching candidates who are involved with a TDC (15 hours minimum a week of involvement) or head coach of a national level 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 2 course must be Active TPA members. Selection of course participants will be based on the results of the Club Professional 2 coaching course, involvement in coaching, 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](mailto: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
3. Send your application, and your credit card information (number, expiry year and the 3 digits at the back) for processing the deposit of \$250 to Tennis Canada no later than the registration date as posted on the TPA website. The balance of the course fee will be paid with a credit card or certified cheque. Note: The deposit will be returned to any candidate who is not accepted into the program.

**Send your application and deposit information 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](mailto:jleung@tenniscanada.com) or Jocelyn Robichaud at 514-273-1515 ext: 6257, [jrobichaud@tenniscanada.com](mailto:jrobichaud@tenniscanada.com)