



PHYSICAL DEVELOPMENT

**WORKSHOP
INFORMATION GUIDE**



WHAT IS THE PHYSICAL DEVELOPMENT WORKSHOP?

The Tennis Canada Physical Development Workshop is designed to improve physical coaching skills, and to create a network between Canadian coaches in charge of young players development. The goal is to bring new knowledge with the help of experts in various domains of player's development and sport's performance. The workshop is the opportunity to merge Sport's Science and Best Practices.

WHO IS THE WORKSHOP FOR?

This workshop is for any tennis coach that is responsible for the physical development of young players (minimum Coach 2), or a physical trainer that is already invested in training tennis players. This workshop is designed to develop the skills of a physical development coach to help assist their athletes perform on the tennis court.

This performance workshop is suitable for committed tennis coaches and physical development coaches who demonstrate the highest qualities of integrity, dedication, commitment, and skill towards working with competitive oriented juniors. All candidates must be working year-round with competitive junior players.



WHAT ARE THE MAIN OBJECTIVES OF THE WORKSHOP?

1. To have the skills to **develop young tennis players in the long term**. To have the ability to coach using an evidence-based methodology and the knowledge of expert coaches.

2. To have the skills to **lead different themes of sessions with an effective teaching conduct**. To develop a coaching style capable of constructing situations that facilitate learning, by using variety, goals and instructions, the environment, and the relationship with the athlete.

3. To have the skills to **adapt physical training to the specificity of tennis**. Approach centered on considering the constraints of the game and the demands of efforts for the tennis player. Plan the development of physical qualities according to the maturation of the junior and the competition calendar.

- Module #1: Physical Demands of Tennis - Coaching Approach (1)
- Module #2: What Science Brings to our Coaching Methods
- Module #3: HIIT for Tennis
- Module #4: Motor Skills Acquisition
- Module #5: Tennis Player's Physical Development - Coaching Approach (2)
- Module #6: Team Sports Approach
- Module #7: On-court Movements
- Module #8: Strength Development for Tennis
- Module #9: Fitness for Wheelchair Tennis
- Module #10: Neuroscience Approach for Perception and Action

WHAT ARE THE WORKSHOP PREREQUISITES?

1. Tennis coach responsible for the physical development of young players (min Coach 2)

OR

2. A physical development coach with a minimum of 2 years of experience working as a physical development coach already invested in training tennis players.

WHO WILL LEAD THE WORKSHOP?

The workshop will be led by Tennis Canada's National Fitness Coach, Nicolas Perrotte along with Virginie Tremblay, and other National Coaches. The workshop will also include involvement of International Sport Science Experts and ATP/WTa fitness coaches.

WHAT IS A TYPICAL WORKSHOP SCHEDULE/STRUCTURE?

This workshop will take place from November 2022 – February 2023 and will consist of 2 in-person regroupings, along with 3 online webinars throughout the duration of the program. 100% mandatory attendance of all regroupings is required for this workshop.

This commitment involves ensuring sufficient allotment for travel as well as in course regrouping days. In addition, there will be approximately 20-30 hours of a variety of home assignments between regroupings which includes items such as reading, research, videotaping of athletes, etc.

The schedule of the 2022/23 workshop regroupings:

1. November 4-6, 2023 (3 days Friday to Sunday)
2. February 3-5, 2023 (3 days Friday to Sunday)

WHERE DOES THE WORKSHOP TAKE PLACE?

The workshop will take place at Stade IGA – 285 Rue Gary-Carter, Montreal, Quebec.

HOW MUCH DOES IT COST?

TPA Member: \$859.00 + tax

Non TPA Member: \$949.00 + tax

Travel Subsidy: For candidates outside of Quebec (covers the cost of flights or gas). Candidates must organize their own accommodation. Note: Some local hotels will offer special rates.

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



HOW WILL SELECTION OF PARTICIPANTS BE DETERMINED?

Selection of workshop participants will be based on both experience as a physical development coach and on their current year-round position working with junior tennis players.

HOW DO I REGISTER FOR THE COURSE?

1. Contact Nicolas Brou at Tennis Canada, 514-273-1515 x6407 or nbrou@tenniscanada.com, for the Application Form.
2. Coaches and physical development coaches applying for the workshop are required to send in the following with their application form:
 - Current curriculum vitae and list of accomplishments
 - Letter(s) from employer(s) that include the following:
 - Confirmation of current employment including role and responsibilities as it relates to tennis players.
 - An outline of reasons for why candidate is interested in taking course.
3. Once accepted, you will receive a link to register for the workshop.

Application Deadline: October 16 , 2023

WHO DO I CONTACT FOR MORE INFORMATION?

Please contact Washi Gervais at 514-273-1515 or wgervais@tenniscanada.com

