



# QUALITY STANDARDS FOR HIGH PERFORMANCE



This document will outline the quality standards required for excellence both from an overall program perspective and from a daily high performance training perspective.

OVERALL PROGRAM PERSPECTIVE	Yes	No
<b>Culture:</b> Does the program have a competitive culture and one that creates pride in being part of the team/program by participants, parents and coaches?		
Does the organization have a clear mission, vision and values which are brought to life every day via behavior of coaches and program?		
Does the program take pride in their results and success of their players, they have a desire to perform and be better than others?		
Is a team environment being created (by traveling to tournaments, team events, outside team building activities, team clothing)?		
Do coaches have a strong presence at tournaments?		
Are parents engaged in the player development process via regular communication?		
Is a caring environment being provided (going above and beyond the training session)?		
Is there a sense of belonging from the players perspective enjoy being affiliated with program (consistent attendance, players wanting to come and work every day)?		
<b>Quality Coaching Staff:</b> Does the program have quality high performance coaching staff?		
Are coaches are passionate, care deeply for players and for HP development?		
Are coaches are highly certified: Coach 2, 3, 4 ?		
Are coaches committed to ongoing professional development?		
Are less experienced coaches supervised, supported and developed?		
Do coaching staff all have up to date background checks?		
<b>Program Pathway:</b> Does the program provide a full pathway of programs that allows talent to be developed?		
Does the program have a complete U12 Pathway: red, orange, green, regular?		
Does the program have a 13+ pathway including a long term preparation for after high school programs (NTC, College)?		
Is the program delivery optimized by ensuring the correct matching of coaches to program?		
Are competitive play opportunities integrated within program?		
Is the organization hosting/ organizing full range of sanctioned tournaments?		
<b>LTAD:</b> Does the program provide/meet the LTAD minimum guidelines in regards to training and competition?		
Does the program provide the appropriate number of training hours?		
Does the players play the appropriate number of tournaments and matches, singles and doubles?		
Are the priorities for physical, psychological, tactical, technical competencies stage appropriate?		
Are players on track for a 3:1 win-loss ratio?		
Is there an appropriate mix of private/group sessions?		
Do players have practice matches with challenging opponents?		
Is there fitness testing twice a year?		

<b>Planning: Is the overall program curriculum and daily training well structured and organized?</b>	<b>Yes</b>	<b>No</b>
Is there a long term player development vision?		
Are there regular weekly team coaches meetings to discuss content, players, coaches schedules, etc.?		
Is there group and individual annual plan? Are block periodization and session plan created and used?		
Are the physical training session planned based on LTAD stage and in relation to competitive schedule?		
Do practices include opportunities playing with the full width of court (for their court stage)?		
Do practices include common game situations; serve/return, groundstrokes, volleys?		
Is doubles training incorporated into overall annual plan?		
Is the individual player's plan adjusted when needed (ie. Injury, rate of improvement, etc.)?		
<b>Improvement/Development Focus: Is the program focused on player development/improvement?</b>		
Does the program have an Improvement/Development mindset; vision of players development 1-3 years ahead?		
Do coaches regularly evaluate the performance/development of their players in tournament play?		
Is the LTAD Evaluation tools being used to evaluate players?		
<b>Does the Program implements a consistent high performance daily training environment? (see below for quality standards for HP daily training environment)</b>		

**Comments:**



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## HIGH PERFORMANCE TRAINING ENVIRONMENT (DAILY TRAINING)

Ultimately a consistent, daily high performance training environment will result in the player's development and improvement in competition. This will occur if the player is working hard, with quality and a purpose in a realistic and competitive environment. One in which they are hitting lots of balls with focus and a champion's attitude towards improvement.

	Yes	No
<b>Is the Coach caring and with high standards?</b>		
Is the Coach demanding, relentless and supportive on the focus of the drill and/or change of behavior?		
Does the Coach maintain the energy/concentration during the entire session by having a strong presence including being charismatic and proactive?		
Does the Coach provide feedback to each individual at the right time in a decisive and positive manner (praise) and equally amongst the group?		
Does the Coach connect with the players and treat them with fairness, dignity and respect?		
Is the Coach punctual and have a professional demeanor and appropriate attire?		
Does the Coach actively encourages teamwork, cooperation and promotes individual responsibilities?		
Does the Coach ensure that players have the attitude of a champion, including being positive (self talk and body language) and respecting other players and coaches?		
<b>Is the Coach well-structured and organized?</b>		
Does the organization provide optimal repetition on the skill being developed?		
Does the Coach create a safe, controlled and disciplined environment (listening positions, balls on courts, markers on court, equipment location, parents viewing area; balls picked up prior to breaks, no needless water breaks)?		
Does the Coach take charge of the group and communicate clearly?		
Does the Coach present the drill efficiently with clarity and with a demonstration to make sure it is understood by all the participants?		
Do drills have a clear topic/objective based on LTAD stage of the players and is it closely related to realistic game situations?		
Is there a systematic progression of a skill/drill (challenge and variability)?		
Does the program follow a plan? Is the session well prepared based on annual outline/plan?		
<b>Does the Coach create a challenging and intense environment?</b>		
Is there an urgency for activity. Do the players actively participate at least 45 mins out of every 60 mins (inactivity = picking up balls, waiting in lines, water breaks, listening to instructions, etc.)		
Does the drill challenge the players mentally, physically or both and is adjusted when needed?		
Are the players grouped appropriately based on players level?		
Is the Coach fully engaged and inspires players to maintain their energy and focus in a fun atmosphere?		
Does the Coach regularly participate (demonstrates, feeds and/or plays in) to stimulate performance?		
Does the Coach regularly incorporate scoring/competition into training?		
<b>Does the Coach improve the players?</b>		
Is the Coach caring and with high standards?		
Is the Coach well-structured and organized?		
Does the Coach create a challenging and intense environment?		

**Comments:**