

TENNIS CANADA HIGH PERFORMANCE TRAINING/COMPETITION GUIDELINES – AGES 6-14

Age		Tennis Training (hrs/week) Refer to Tennis Canada competencies for more detail			Physical Training (hrs/week) Refer to Tennis Canada competencies for more detail			Total hrs/week of Activity	Competitions per year	Other
M	F	Private Lesson	Other (Group, free play, matches)	Total Tennis hrs/week	Specific Tennis	Other Sports	Total Physical Training			
6-7	6	2	1-2	3-4	2	1.5	3.5	6.5-7.5 hrs	10-25 singles matches made up club or inter club	Training sessions should be made up of a number of sessions short in length
7-8	7	2	2-3	4-5	2	1.5	3.5	7.5-8.5 hrs		
8-9	8	3	2-3	5-6	2	2	4	9-10hrs	20-40 singles matches made up mainly club and interclub matches as well as a few provincial events	Participate in all U10 regroupings
9-10	8-9	3	5-7	8-10	4	2	6	14-16hrs		
10-11	9-10	4	6-8	10-12	4	2	6	16-18hrs	60-80 singles matches and participation at some of the clubs events.	Participate in all U12 regroupings
11-12	10-11	4	8-9	12-13	4	2	6	18-19hrs		
12-13	11-12	4-5	9	13-14	7	1	8	21-22hrs	80 singles matches and 20-30 doubles matches made up of club, interclub, provincial, national, and international events	Participate in all Regroupings and camps
13-14	12-13	4-5	10	14-15	8	0	8	22-23hrs		