

***Players***

# PLAYER GUIDE

1. Have a Dream, make goals, create a plan
2. Study those you admire
3. Focus on what you can control
4. Know the terrain
5. Communicate your needs





# Dream, Set Goals, Make a Plan

- Dream big, no restrictions..
- Set goals to get you closer to your dream
- Make a plan to execute your goals





# Study those you admire

- Watch Tennis on TV
- Ask parents permission, and view youtube matches, lessons etc
- Find out players training details
- Research your favorite players, find out what they did to become the players they are



# Focus on what you can control

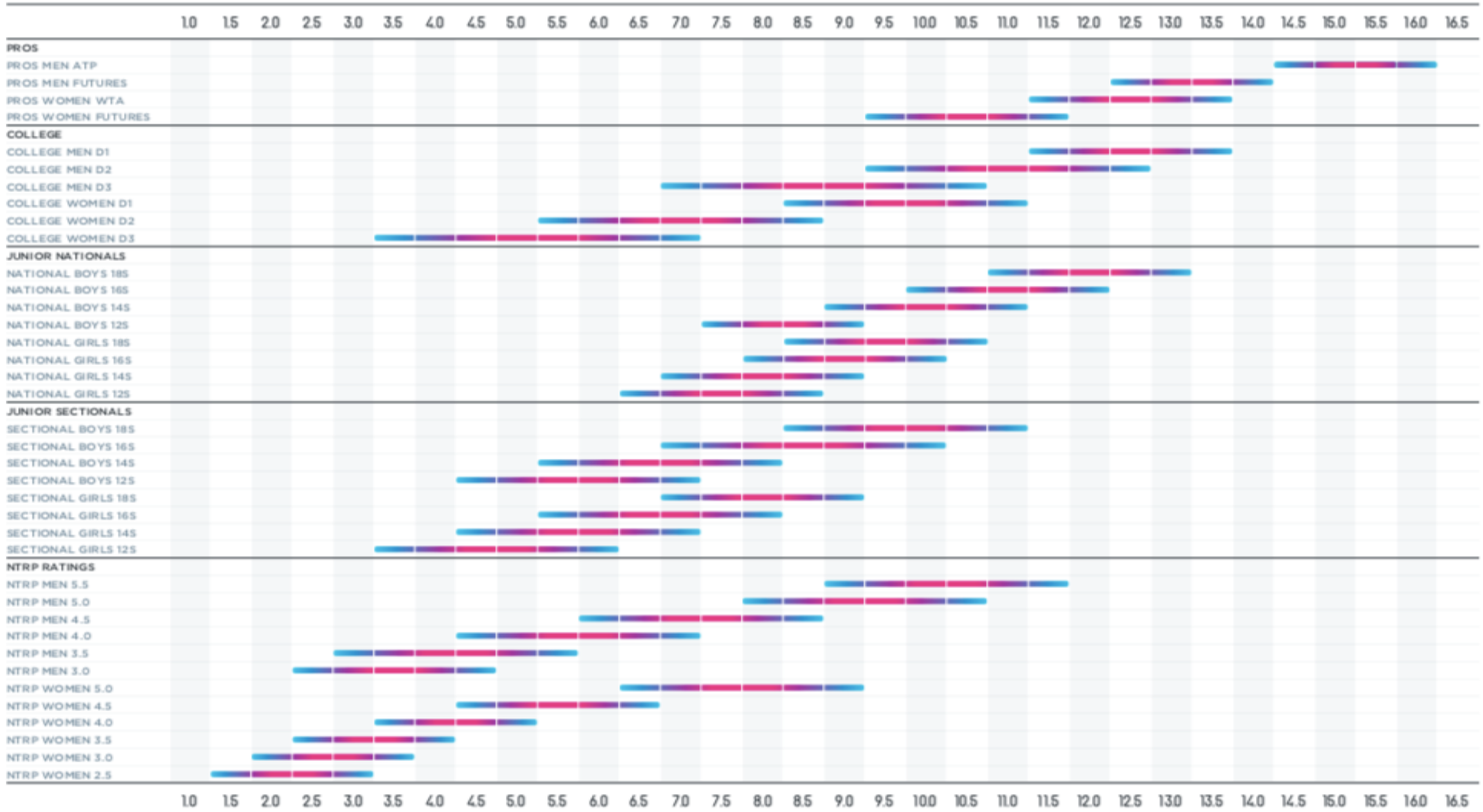
- When you set a goal, focus on things you can control.
- If the dream is to play professional tennis, set goals like competing in a certain amount of tournaments in a year
- When training focus on your attitude and effort
- Do not let rankings distract you from your goals and plan
- Do not let results and the opinions of others distract you
- Give it time
- Use the term 'I am becoming'

# Know the terrain



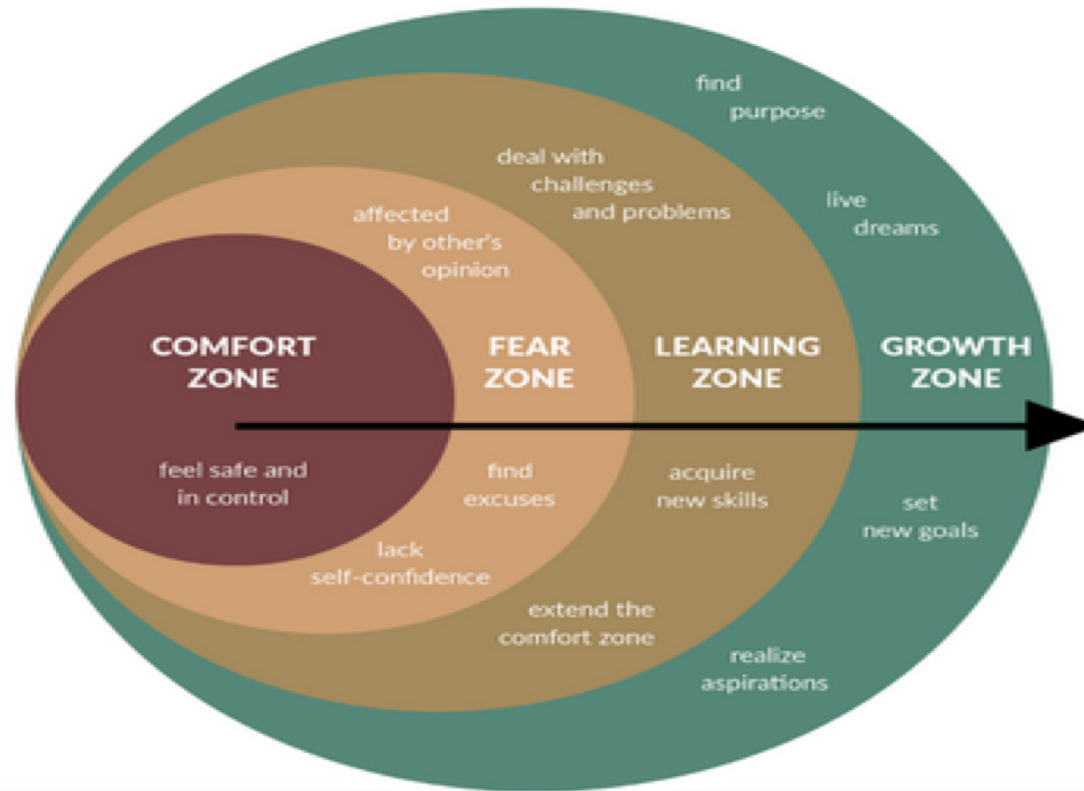
## TENNIS CANADA HIGH PERFORMANCE TRAINING/COMPETITION GUIDELINES – AGES 6-14

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		



# Encourage Learning

Get out of the comfort (feel good) zone



*'Learning isn't pretty'*

# Growth comes at a price



- Players do not win with their best tennis. They win with their average.
- Winning with your B Game is how to create a culture of winning.
- If you always play better players and perform well but lose, you develop a culture of losing. You play great, but you lose, and you lose all the time
- You even lose to weaker players you should not lose to because you never practice against them, so you play good against good players and lose and play horrible against bad players and still lose.
- We want players to learn how to win, and that is often not pretty. The best learning is not nice to look at. It is ugly tennis at least at first.
- Allow yourself to struggle, grapple, and learn how to win with your B Game. It is not hard to play someone better, the fear is playing someone you should beat. That situation is gold for learning.
- Play the players they want to play the least



# Communicate

- Talk to your parents and coaches often
- Ask questions
- Be honest about your feelings
- Be Kind, but HONEST. Do not tell your parents and coaches what you think they want to hear. Tell them truthfully, respectfully, how you feel
- The best way you can pay your parents back for all the support they provide is hard work and a positive attitude. And there is nothing your opponent or anyone can do to stop you from doing that.