

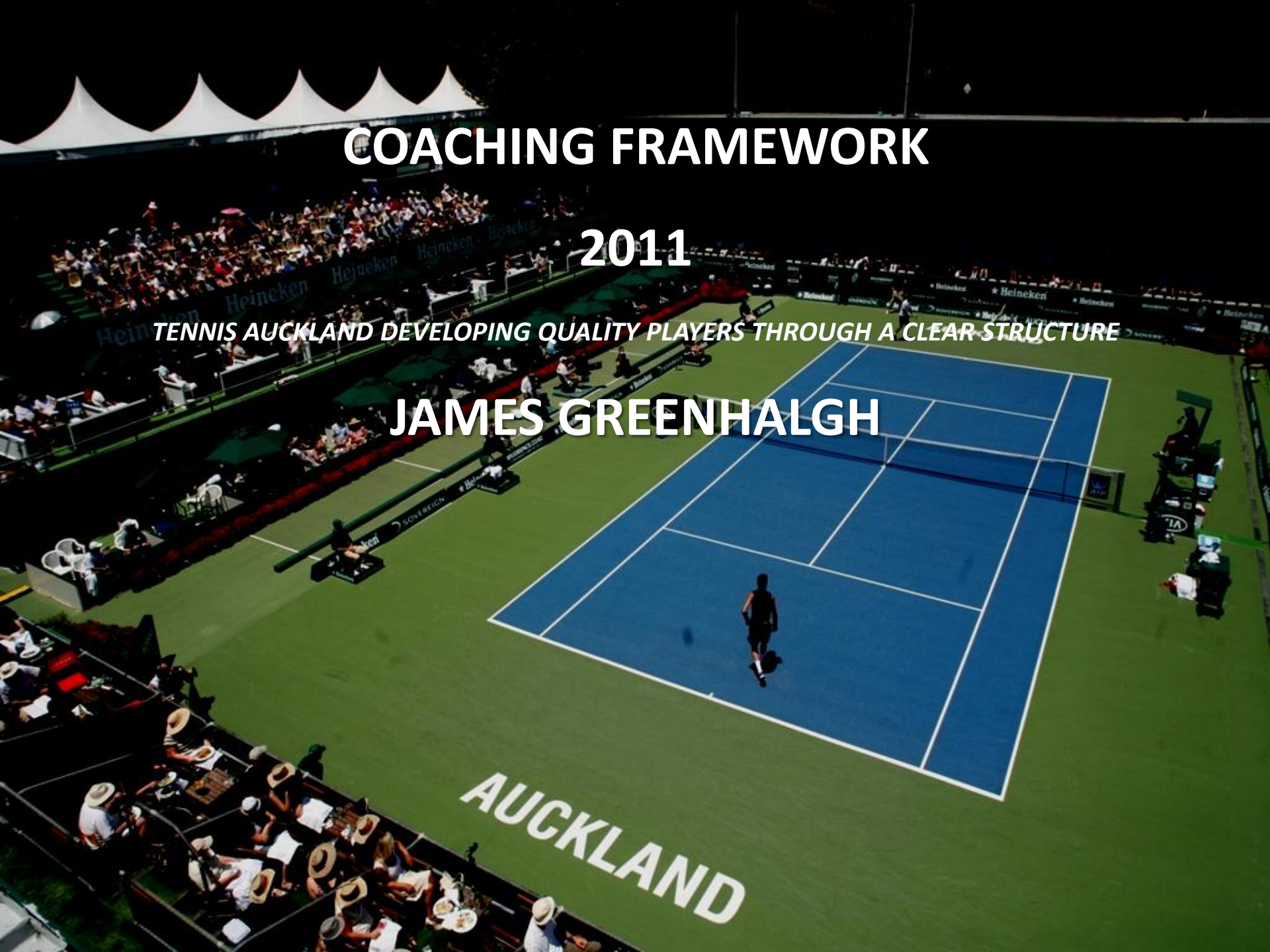
COACHING FRAMEWORK

2011

TENNIS AUCKLAND DEVELOPING QUALITY PLAYERS THROUGH A CLEAR STRUCTURE

JAMES GREENHALGH

AUCKLAND



Tennis Auckland Coaching Department

Our Purpose

“To facilitate a world class coaching programme, enabling our talented juniors to pursue their individual tennis goals.”

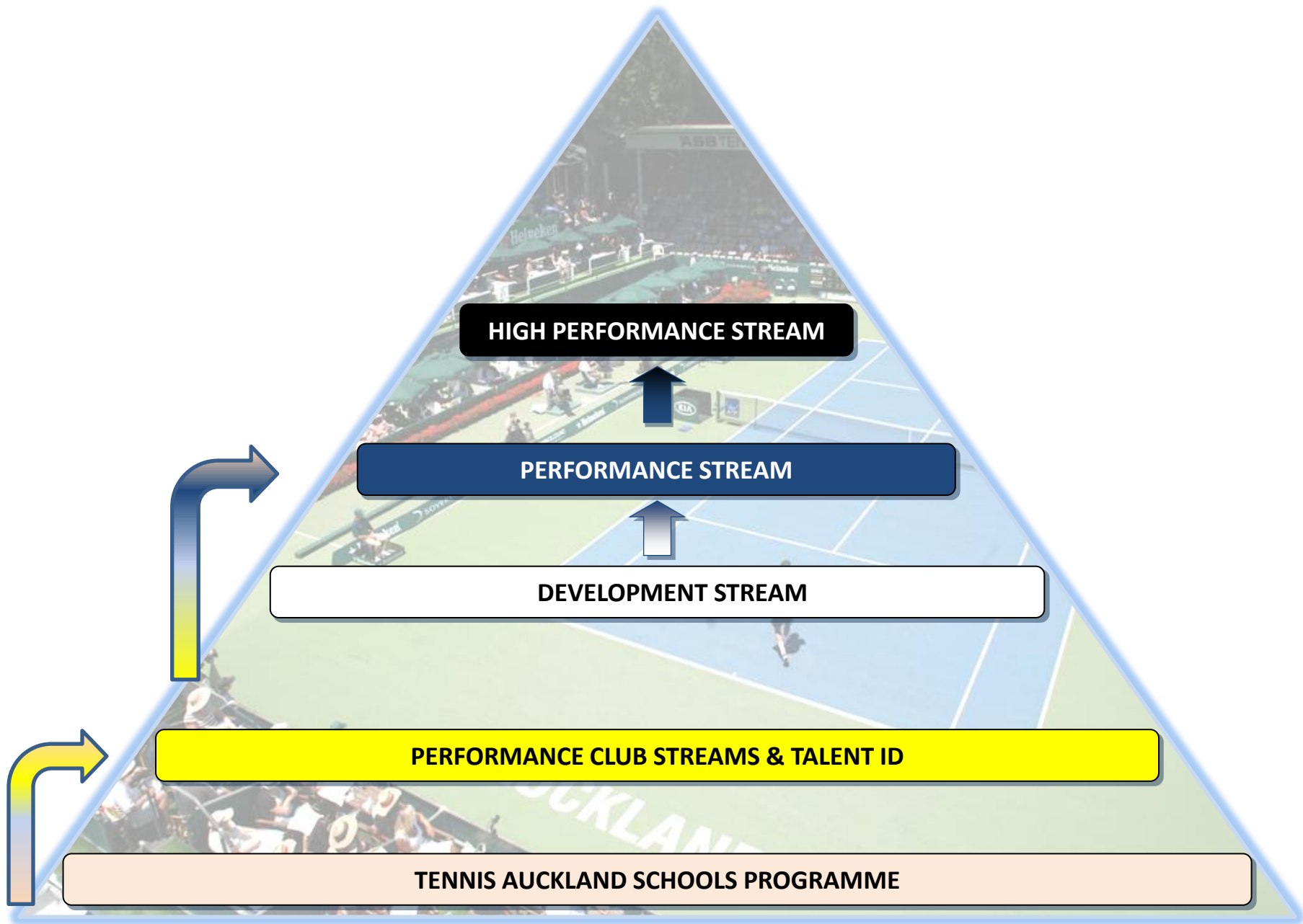


Our Vision

“To see Tennis Auckland Performance Coaching Programme producing world class tennis players ultimately competing at the pinnacle of tennis on the international stage.”



TENNIS AUCKLAND PLAYER PATHWAY



DEVELOPMENT STREAM

CRITERIA

Coaches will select a maximum of 36 full time players. Players will receive the benefits of this stream for a one year period only if they complete all player expectations.

- Attitude
- Results (Ranking guideline Top Dog S6 – S10)
- Ranking
- Fitness Level
- Coaches Discretion

PLAYER EXPECTATIONS

- Professional attitude to training and tournaments
- Aim to complete the suggested quota of quality matches per year based on each players age and development level as advised by Tennis Auckland coaches
- Minimum of 1 NZL Nationals or regional tournament per year
- Support local Interclub and Club Champs
- Take advice from Tennis AKL coaches regarding tournament planning
- Represent AKL at National Teams Events if selected
- Minimum of two on court session
- Complete and pass all required fitness tests

MON	TUES	WED	THUR	FRID
06:30–08:00 Training		06:30–08:00 Training		
	16:00-17:30 Training			16:00-17:30 Training
	17:30-18:00 Movement			17:30-18:00 Conditioning

DEVELOPMENT STREAM

TEIR BENEFITS

- 6 hours on court training per week
 - 2 sessions monitored strength and conditioning training per week
 - Access to Tennis AKL coaching team for private lessons
 - Tournament planning
 - Extended training with performance players
 - Fitness testing and assessments with written reports
 - Link with Adidas Sports Med
 - Discount re-stringing
 - Annual nutrition seminar
 - Drug sport updates
 - Training shirts
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COACHES

- James Greenhalgh, Daniel King-Turner, Thiem Nguyen, Lee Radovanovich
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PERFORMANCE STREAM

CRITERIA

Coaches will select a maximum of 16 full time players. Players will receive the benefits of this stream for a one year period only if they complete all player expectations.

- Attitude
- Results
- Ranking (Ranking guideline Top Dog S3 – S5)
- Fitness Level
- Age
- Coaches Discretion

PLAYER EXPECTATIONS

- Professional attitude to training and tournaments
- Aim to complete the suggested quota of quality matches per year based on each players age and development level as advised by Tennis Auckland coaches
- Minimum of 1 NZL Nationals per year
- Support local Interclub and Club Champs
- Take advice from Tennis AKL coaches regarding tournament planning
- Commit to one national or international tour from the players tournament plan
- Represent AKL at National Teams Events if selected
- Minimum of three on court sessions and 1 off court session
- Complete and pass all required fitness tests

MON.	TUES	WED	THUR	FRID
	06:30–08:00 Training		06:30-07:30 Aerobic	06:30–08:00 Training
16:00-18:00 Training		16:00-18:00 Training	16:00-18:00 Training	
		18:15-19:15 Injury Insurance		

PERFORMANCE STREAM

TEIR BENEFITS

- 9 hours on court training per week
 - 2 hours monitored strength and conditioning training per week
 - Access to Tennis AKL coaching team for private lessons
 - Tournament planning
 - Extended training with scholarship players
 - Fitness testing and assessments with written reports
 - Link with Adidas Sports Med
 - Gym membership
 - Discount re-stringing
 - Annual nutrition seminar
 - Drug sport updates
 - Stakeholder meetings (player, parent, coach, trainer, sponsors)
 - Confirmed indoor training
 - Training shirts
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COACHES

- James Greenhalgh, Daniel King-Turner, Thiem Nguyen, Lee Radovanovich
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HIGH PERFORMANCE STREAM

CRITERIA

Coaches will select a maximum of 8 players. Players will receive the benefits of this stream for a one year period only if they complete all player expectations.

- Attitude
- Results
- Ranking (Ranking guideline Top Dog S1-S5)
- Fitness Level
- Age
- Coaches Discretion
- 2011 applicants subject to Regional Eligibility Table

PLAYERS EXPECTATIONS

- Exemplary attitude to training and tournaments
- Aim to complete the suggested quota of quality matches
- Attend all agreed sessions
- Minimum of 1 NZL Nationals per year
- Support local Interclub and Club Champs
- Take advice from Tennis AKL coaches regarding tournament planning
- Commit to one national or international tour from the players tournament plan
- Represent AKL at National Teams Events if selected
- Represent TNZ at WJT's & JDC if selected
- Complete and pass all required fitness tests

MON.	TUES	WED	THUR	FRID
	06:30–08:00 Training		06:30-07:30 Aerobic	06:30–08:00 Training
16:00-17:00 Gym		16:00-18:00 Training	16:00-18:00 Training	
17:00-18:00 Training		18:15-19:15 Injury Insurance		

HIGH PERFORMANCE STREAM

TEIR BENEFITS

- Up to 9 hours on court training per week
 - 3 hours monitored strength and conditioning training per week
 - One free hour private lesson per week with Tennis AKL coaching team
 - Video analysis session
 - Tournament planning
 - Fitness testing and assessments with written reports
 - Link with Adidas Sports Med
 - Gym membership
 - Discount re-stringing
 - Annual nutrition seminar
 - Drug sport updates
 - Stakeholder meetings (player, parent, coach, trainer, sponsors)
 - Extended training with quality external players
 - Training uniform
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COACHES

- James Greenhalgh, Daniel King-Turner, Thiem Nguyen, Lee Radovanovich
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Regional Eligibility Table

Key Contributing Factors	Auckland	Northern	Waik.-Bays	Central	Canterbury	Southern
1) Club Affiliation						
2) Residency						
3) Schooling						
4) Training						
5) Prior Representation						
Total	0	0	0	0	0	0

Player name:	Eligibility Outcome:
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Points Breakdown	Points
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1) Club Affiliation:

He/she is a member of a affiliated club and has been for more than two consecutive school terms or six months	1
He/she is currently affiliated to a club in more than one region a half point is allocated to each region	0.5

2) Residency:

He/she is residing within the boundaries of an Association for more than two school terms or 6 months	2
He/she resides in two regions for more than two consecutive terms or six months, one point is allocated to each regional association	1

3) Schooling:

He/she is attending a school located within the boundaries of an Association for more than two consecutive school terms or 6 months	1
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4) Training:

For a period of two consecutive school terms or 6 months he/she is currently involved in training for more than 50 % of their coaching.	1
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5) Prior Representation:

Within the past 2 years he/she has represented a region.	1
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Reviews, Applications and final Rulings:

In the case of a tie in the Eligibility Table the player may decide.
Applications for change of Association representation go direct to Tennis New Zealand

TENNIS AUCKLAND PARTNERS

