



2019 National High Performance Program

Tennis Canada has created a player development pathway with the vision of becoming a world leading wheelchair tennis nation. Four pillars comprise the entire pathway with two of the pillars – perform and podium – focused specifically on high performance. In addition, two years of extensive research and analysis has led to the creation of a Podium Pathway including the Podium Results Track, Winning Style of Play, and Gold Medal Profile.

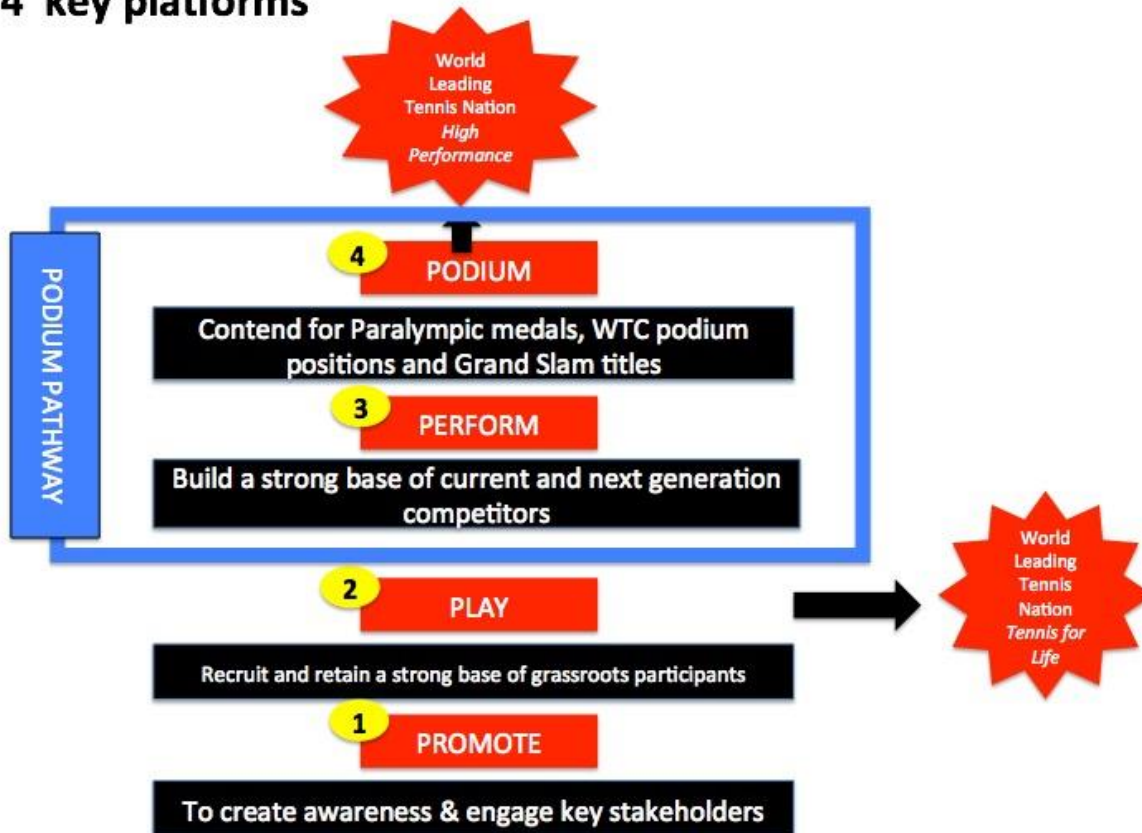
The National High Performance Program (NHPP) is one component of the pathway and is designed for athletes who are on track to meet Tennis Canada's, Sport Canada's, and Own the Podium's performance and podium objectives in 2020 and beyond. The objectives include:

- Paralympic and ParapanAm podium results
- Top 16 ITF singles world rankings
- Targeted World Team Cup results
- A pool of next gen athletes

The pathway is linked to the Tennis Canada Long Term Athlete Development Model and the result of studying international best practices. It focuses on all playing divisions including men's, women's, quad, and junior. The pathway, and associated performance indicators, will be reviewed annually to ensure the dynamic nature of the sport is captured. The pathway is illustrated in Figure 1 below.



Figure 1:
4 key platforms



NHPP: Streams and Performance Indicators

The NHPP is geared to athletes moving through the high performance pathway and is divided into two streams: Podium and Performance.

The Podium Stream is divided into three levels: Gold, Silver, Bronze

The Performance Stream is divided into six levels: Tier 1, Tier 2, Tier 3, Junior Transition to Pro, Junior, Prospect

To be eligible for consideration for the NHPP an athlete must attain a minimum ITF singles ranking by October 31, 2019, as per Figure 2 below:



Figure 2:

NATIONAL HIGH PERFORMANCE PROGRAM





NHPP Benefits & Services

Each NHPP athlete will receive an assistance package related to the stream and level within the program as outlined below:

| Stream | Level | Description | Performance Indicator (ITF Singles ranking) | Assistance Package |
|---------------|---------------|---------------------------------------------------------------------------------------|---------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Podium | Gold | Athletes achieving performance indicators on track to podium at the Paralympic Games. | Men: Top 7 Women: Top 4 Quad: Top 5 | <ul style="list-style-type: none"> • \$6,000 base funding/year • Access to National Coach services • Strength & Conditioning testing & individualized program • Access to mental performance coach • Access to Sport Canada Athlete Assistance Program (carding) • World Team Cup training camp if selected • Technical & Tactical Video Analysis (up to a maximum of 7 matches) • Access to Birmingham Excellence Fund |
| | Silver | Athletes achieving performance indicators on track to for the Gold level. | Men: 8-15 Women: 5-9 Quad: 6-10 | \$5,000 base funding/year <ul style="list-style-type: none"> • Access to National Coach services • Strength & Conditioning testing & individualized program |



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| | | | | <ul style="list-style-type: none"> • Access to mental performance coach • Access to Sport Canada Athlete Assistance Program (carding) • World Team Cup training camp if selected • Technical & Tactical Video Analysis (up to a maximum of 6 matches) • Access to Birmingham Excellence Fund |
| | Bronze | Athletes achieving performance indicators on track for the Silver level. | Men: 16-20 Women: 10-16 Quad: 11-15 | <p>\$4,000 base funding/year</p> <ul style="list-style-type: none"> • Access to National Coach services • Strength & Conditioning testing & individualized program • Access to mental performance coach • Access to Sport Canada Athlete Assistance Program (carding) • World Team Cup training camp if selected • Technical Video Analysis (up to a maximum of 5 matches) • Access to Birmingham Excellence Fund |



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| <p>Performance Stream</p> | <p>Tier 1</p> | <p>Athletes achieving performance indicators on track for the Podium Bronze level.</p> | <p>Men: 21-40 Women: 17-30 Quad: 16-20</p> | <p>\$3,000 base funding/year</p> <ul style="list-style-type: none"> • National Coach support with daily training environment, competition planning, and sport science/sport medicine • Access to Sport Canada Athlete Assistance Program (carding) • World Team Cup training camp if selected • Technical Video Analysis (up to a maximum of 4 matches) • Access to Birmingham Excellence Fund |
| | <p>Tier 2</p> | <p>Athletes achieving performance indicators on track for Tier 1.</p> | <p>Men: 41-80 Women: 31-50 Quad: 21-35</p> | <p>\$2,000 base funding/year</p> <ul style="list-style-type: none"> • National Coach support with daily training environment, competition planning, and sport science/sport medicine • Access to Sport Canada Athlete Assistance Program (carding) • World Team Cup training camp if selected • Technical Video Analysis (up to a maximum of 3 matches) • Access to Birmingham Excellence Fund |



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| | Tier 3 | Athletes achieving performance benchmarks on track for Tier 2. | Men: 81-150 Women: 51-75 Quad: 36-50 | <p>\$1,500 base funding/year</p> <ul style="list-style-type: none"> • National Coach support with daily training environment, competition planning, and sport science/sport medicine • Access to Sport Canada Athlete Assistance Program (carding) • World Team Cup training camp if selected • Technical Video Analysis (up to a maximum of 2 matches) |
| | Junior Transition to Pro (Ages 19-22) | Athletes achieving performance benchmarks on track for Tier 3. | Men: 151-225 Women: 76-125 Quad: 51-75 | <p>\$1,000 base funding/year</p> <ul style="list-style-type: none"> • National Coach support with daily training environment, competition planning, and sport science/sport medicine • Access to Sport Canada Athlete Assistance Program (carding) • World Team Cup training camp if selected • Technical Video Analysis (up to a maximum of 2 matches) • Consideration for Mentor Program if applicable |
| | Junior (Under 18) | Juniors on track for the performance stream | Boys: Top 25 Girls: Top 15 | <p>\$1,000 based funding/year</p> <ul style="list-style-type: none"> • National Coach support |



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| | | | | <p>with daily training environment, competition planning, and sport science/sport medicine</p> <ul style="list-style-type: none"> • Access to Sport Canada Athlete Assistance Program (carding) • World Team Cup training camp if selected • Technical Video Analysis (up to a maximum of 1 match) • Consideration for Mentor Program if applicable |
| | Prospects | Athletes who meet aspects of the Gold Medal Profile, are on track for the NHPP, but who do not currently meet the Podium Results Track for their stage of development. | <p>Men: 225+ Women: 125+ Quad: 75+ Boys: 25+ Girls: 15+</p> | <ul style="list-style-type: none"> • Determined on a case by case basis |

Notes:

*The amount and level of services provided will be determined on a case-by-case basis based on Podium Results Track and the Winning Style of Play and be dependent on High Performance Committee approval and budget for the given year.

** Athletes may remain at each level of the Podium or Performance stream for multiple years providing agreed upon performance indicators are attained. Performance indicators may be outcome related including ITF singles rankings, rounds reached at tournaments, wins over players; or be process related including technical, tactical, physical or psychological benchmarks.



*** Athletes may be nominated to the NHPP without fulfilling the ITF singles ranking requirements outlined in the chart above at the discretion of the National Coach pending approval of the High Performance Committee.

**** To meet the ITF singles ranking indicators outlined in the chart above, an athlete must meet the ITF singles ranking as of October 31, 2019 or for a minimum of 20 weeks during the period between November 1, 2018 to October 31, 2019. The weeks do not need to be consecutive.

NHPP Athlete Responsibilities

Members of the NHPP must fulfil the following requirements as per Policy #3 in the NHPP Handbook:

- Read the NHPP Handbook and sign the Tennis Canada/Athlete Agreement
- Sign the Canadian Anti-Doping Program (CADP) contract
- Attend an individual meeting including the athlete, personal coach, National Coach, Director to collaborate on the development of the annual training and competitive plan and performance indicators. When juniors are involved parents will be included in the meeting process.
- Advise the National Coach of any changes to competitive/training schedules or medical conditions throughout the year
- Attend training camps when selected
- Participate in physical testing protocols if required
- Participate in mental performance training if required
- Represent Canada at the World Team Cup if selected
- Compete in the 2019 Birmingham National Championships unless an exemption is approved by the High Performance Committee. To apply for an exemption a written request must be submitted to the Director of Wheelchair Tennis by the Birmingham Nationals by October 1.
- Meet all ITF national eligibility requirements to represent Canada at international events.
- Be in good standing with Tennis Canada

NHPP Assistance Package

Annual base funding is provided at each level of the NHPP pathway. Funding assistance may be utilized for coaching, travel, sport science, on court training, equipment, tournament fees, accommodation, and other related expenses. Receipts are required to access all funds.

In addition to the annual base funding, athletes may be eligible for support through the Sport Canada Athlete Assistance Program (carding), the Birmingham Excellence Fund, Own the



Podium, and the Canadian Sport Institute network. The Sport Canada AAP (carding) funding cycle is for the calendar year. Please refer to the carding criteria on the Tennis Canada web site for specific details.

All funding and coaching decisions are reviewed and approved by the High Performance Committee.

Prospect Level

Funding may be allocated to athletes who have not yet met the Podium Results Track but are meeting aspects of the identified Gold Medal Profile for men's, women's and quad divisions. The High Performance Committee will approve funding on a case by case basis.

NHPP: Selection Process

To be considered for the 2019 NHPP interested athletes are to forward the following documentation to Janet Petras, Director-Wheelchair Tennis by November 9:

- + Letter of interest indicating your desire to commit to the 2019 NHPP
- + Draft 2019 objectives, competitive and weekly training schedules (templates available on the Tennis Canada web site: <https://www.tenniscanada.com/competitive/wheelchair/> , or by contacting National Coach Kai Schrameyer at kschrameyer@tenniscanda.com). Only Tennis Canada templates will be accepted.

After a review of the applications successful athletes will be contacted and a planning meeting scheduled. The meeting will include the athlete, the athlete's personal coach, the National Coach, and other personnel as required. The purpose of the meeting is to clearly define objectives, and to collaboratively design the annual training and competitive plan for the year. Final acceptance into the NHPP is determined through the meeting process.