

As a parent of a High Performance player, we want to ensure that you have all the information you need to support your child through the Player Pathway, in order to make the most informed decisions regarding your son or daughter. Below, and in the documents to follow, you will find some key considerations (by Stage of Development) that you should be aware of.

FUNdamentals Stage

What is the end objective for my child at this Stage of Development?

Learning the FUNdamentals and having fun through Kids Tennis and other sports, notably ball sports that require upper and lower body differentiation, special awareness and decision making. At the end of this stage, the child can play with the proper racquet, the right ball and on the appropriately sized court, executing the game with the proper fundamentals.

What are the goals we should be focused on with our child's coach?

- Further develop fundamental movement skills (running, wheeling, jumping, throwing and catching).
- Further develop fundamental motor/coordination skills (reaction, balance, differentiation, dissociation, orientation, dexterity and rhythm).
- Explore the optimal window of trainability for speed and suppleness (flexibility).
- Develop basic tennis skills (technical/tactical).
- Acquire psychological skills (ability to focus, emotional control, positive attitude, commitment and effort).
- Introduce the rules of the game and tennis ethics.
- Introduce decision making.

What should be my mission as a parent?

- Insure participation is fun and enjoyable.
- Understand the tennis Player Pathway that outlines how your child can progress in the sport – see HP Handbook for specific details http://www.tenniscanada.com/wp-content/uploads/2018/03/4_COMPRESSED_March_7-HP-English_complete_book_comp-min.pdf (development opportunities/camps, National Championships, Regional & National Training Centres, international travel opportunities and selection process, financial assistance).
- Basic tennis skills should be acquired through quality group and private lessons.
- Game-based play using Kids Tennis should be included regularly.
- Finally, an essential area of focus should be on establishing the values of fair play and sportsmanship. In addition to this, you should seek out a program/coach that places high importance on values, sportsmanship, work ethic, coachability and respect.
- At this stage, you need to support your child in his or her development and place little to no focus on results and/or rankings.

By the numbers, answers to frequently asked questions for players in this Stage of Development

How many weeks of rest and regeneration should my child have per year (without a racquet)?	8 weeks	
How many official tournaments should they compete in annually?	0 (5 – 6 years of age) 7 – 12 (7 – 9 years of age)	3:1 win-loss ratio
How many official matches should they play annually?	45 – 60	
How many practice matches should they play annually?	15 – 25 matches (5 – 6 years of age) 25 – 40 matches (7 – 9 years of age)	
What is the range of events my child should be competing in?	½ court competitions through to full court transitional ball competitions (club or provincial)	

How many hours should be devoted to physical development per week?	Focus 4.5 - 5 hours (which includes 2.5 - 3 hours in other sports)
How many hours should be devoted to training (group & private) per week?	1 - 4 hours (5 - 6 years of age) 4 - 9 hours (7 - 9 years of age)
What should be the total hours per week (tennis/fitness)?	5 - 8 hours (5 - 6 years of age) 8 - 12 hours (7 - 9 years of age)