



National Junior Training Program (NJTP) - Ontario

Purpose

The National Junior Training Program (NJTP) in Ontario is designed to provide additional customized training support to athlete's who meet the stated criteria found below. If required, the program will support the athlete's current daily training environment by providing additional high performance training including physical, mental, technical and tactical skill development along with sport science support. The goal is to assist athletes with the training and competitive competencies required to attain a Top 100 ITF junior ranking and/or the standards necessary to graduate to the Montreal National Training Centre program. The NJTP is a program run by Tennis Canada working closely with important stakeholders (OTA, Clubs, Coaches and Academies).

Customized Support

An athlete-centered, individualized, and customized training support program will be developed for selected athletes that meet the criteria and choose this option to support their training in their home club. The NJTP Head National Coach, in direct collaboration with the Tennis Canada's Vice-President of High Performance, and the athlete's personal coach, will determine the best support structure for identified athletes. The central focus will be meeting the needs of the athlete and respecting the input and requirements of the personal coach, Club and family. The initial step in determining the training support program will include a meeting with the athlete's personal/club coach followed by a meeting with the parents to help determine how best to design a support program to meet the LTAD daily training and competitive guidelines at the appropriate stage of development.

Program Dates and Fees

The NJTP (ON) program will operate from September 28, 2020 until July 2021. Each training day per week equates to \$1,500 in program fees annually. Total fees for core athletes will be calculated based on the number of days per week of participation.

Selection Criteria and Process

Athlete selection to this support program will be determined by the NJTP Head National Coach in direct collaboration with the Tennis Canada VP of High Performance and Tennis Canada's High Performance staff and coaching team. It is important to note that the input from the OTA's leader of Athlete Development will be included in this process using the criteria documented below. Tennis Canada staff will also determine activities associated with the operation of the program and planned outreach support. The criteria outlined below will be used to establish an initial list of potential athletes to be finalized after consultation with personal coaches. Athletes must meet the following criteria and considerations:

1. Birth years between 2006-2010.
2. Have a national ranking in the top 20 of their age division.
3. In addition to point 2, each athlete's Competencies relative to age, gender and stage of development will be evaluated by the NJTP Head National Coach in consultation with the VP of HP development and Tennis Canada staff. This will be the most important factor that will be considered when making final selections. This includes an assessment of each athlete's technical/tactical/physical/ psychological skills. Please refer to the LTAD guidelines pages 31-42 (Developing and Consolidating Stages) at the following link:
<https://www.tenniscanada.com/wp-content/uploads/2015/01/LTADallenglish.pdf>
4. Lastly, once point 2 and 3 above are considered, the NJTP Head National Coach will also evaluate each athlete's intangible skills to include their work ethic, desire, motivation, character, ability to integrate effectively within a team/group training environment and commitment to be part of a demanding high performance training program striving to meet the stated program objectives.
5. Points 2, 3 and 4 will be considered in this order when making the final athlete selection to this program.
6. Once the final selections are made, The NJTP Head National Coach will contact the potentially selected athlete's coach and discuss how best to support them and their athlete's development if required.

Ongoing Monitoring and Assessment

Frequent ongoing assessments will take place for all athletes supported in the program. The coaching team will regularly evaluate each athlete's motivation, work ethic, coachability, and skill development advancements throughout the season. The assessment results will determine an athlete's suitability to remain part of the program.



2020-2021 NJTP Selected Athletes

2006 Born Athletes

- Scarlett Nicholson, Nawal Youssef, Bailey Muller, Anastasia Kavounov, Edward Stan and Matthew Cizmarik.

2008 Born Athletes

- Finn Muller and Alexander Andrei.

The number of days athletes will access supplemental center training will vary depending on need (1x/week to a maximum of 3x/week). The above list will be reviewed on a quarterly basis to ensure the criteria is adhered to whilst also permitting consideration for developing athletes in the region to avail of NJTP support.

Tennis Canada System Team and Support

Team Approach

A Club/Academy leader shall have the opportunity to designate a club coach to be part of a team approach. The Club/Academy leader will oversee U10/U12 development for their respective facility and will help drive the development of upcoming athletes whilst working in close collaboration with Tennis Canada's NJTP staff. The objective will be for all to collaborate and work effectually as a team to instill strong fundamental competencies and skill development with those younger athletes at the U10/U12 stage of development.

- Delivering key fundamentals related to solid physical development, and the technical completion of a full range and variety of shots.
- Delivery of results – based on skill development/competencies outlined in the Fundamentals/Developing stages of Tennis Canada's LTAD document.
- Talent identification opportunities will be planned. This will enable the clubs, Provincial Association and Tennis Canada staff to collectively identify those athletes who have a natural aptitude/passion for the sport.
- The use of technology will facilitate all team members (Tennis Canada, OTA, club coaches and leaders) to discuss details surrounding prioritization of key fundamentals, fitness development, whilst also sharing challenges/solutions within a group support environment.
- It is envisaged there will be funding in place to support the establishment/growth of the above team. Details surrounding this area will be discussed/shared in due course.

Coach Mentorship

The Tennis Canada NJTP Head National Coach for Ontario will be available to Mentor Coaches who seek personal growth and development. This assistance will be provided based on each coach's request and desire, on and off court, with or without their own athletes.

Club Visits

The Tennis Canada Tennis Development Centre (TDC) will provide ongoing coach support which shall comprise of club visits as part of the TDC rewards program. The NJTP Head National Coach and Tennis Canada fitness coaches will also support coaches and Clubs working with top young prospects and programs. The details of this support available will be flushed out this fall to include athlete selection and visit/support schedule.

Touring Coaches

The "Team" of coaches will also be considered part of a stable of Tennis Canada/Tennis Ontario touring team coaches that may have opportunities to travel with athletes on assigned tours.