



2018/2019 TENNIS MANITOBA HIGH PERFORMANCE PROVINCIAL TEAM

In October 2018 Tennis Manitoba will offer a High Performance Provincial Team to athletes who are committed and driven to improve their performance at the National Level.

This HP Provincial Team will be a **complete development program** providing players with on-court training (developed and lead by the Provincial Coach), strength and conditioning (developed and lead by Sport Manitoba S&C Team), league organized match play (league operated by Tennis Manitoba) and linked to a mental training program (through Sport Manitoba and the High Performance Sport Center).

This HP Provincial Team will target (but is not limited to) athletes from U12-U18 Junior Age Categories. The TM HP Provincial Team Program will be used as the training program for the **2019 Western Canada Summer Games Team**.

HOW TO APPLY FOR THE TM HP PROVINCIAL TEAM PROGRAM:

- players submit an **EMAIL CONFIRMING INTEREST IN THE PROGRAM** to jared@tennismanitoba.com by **AUGUST 31st, 2018**

-players must participate in a **TRY-OUT** (selection of players will be made by **LEVEL** not necessarily **AGE CATEGORY and/or maximum number of players**) held in **September 2018** (date, time and location TBA once the application deadline of August 31st, 2018 has passed)

- players submit a **PLAYER APPLICATION** (requiring :a letter from the player explaining why they want to join the TM HP Provincial Team Program; a complete resume of significant results and rankings; a signed TM Code of Conduct) at the **TRY-OUT**

There will be two levels of training groups: **Provincial Team “B”** and **Provincial Team “A”**:

Provincial Team “B”: Maximum of 8 players:

- On-court training sessions twice per week (2hrs per session) plus strength and conditioning twice per week(1hr per session): **Total of 4hrs of tennis plus 2hrs of S&C**
- TM LEAGUE organized match play once per week: **2hrs of matches**

-Option to join the TM SPORT MANITOBA AND HIGH PERFORMANCE SPORT CENTER MENTAL TRAINING PROGRAM

-All players must be involved in an outside sport (school, club or community center) or activity (ex: team sports, dance, swimming, gymnastics....)

Provincial Team "A": Maximum of 8 players:

-On-court training sessions three times per week (2hrs per session) plus strength and conditioning twice per week (1hr per session): *Total of 6hrs of tennis plus 2hrs of S&C*

-TM LEAGUE organized match play once per week: 2hrs of matches

-Mandatory to join the TM SPORT MANITOBA AND HIGH PERFORMANCE SPORT CENTER MENTAL TRAINING PROGRAM

-All players must identify and work with a *PERSONAL COACH* from their home club

-the TM HP Provincial Team Program will be 20 weeks long, indoors, from October 2018 to April 2019

-the TM HP Provincial Team Program sessions will run Monday to Friday on court mornings (630am to 815am) and/or afternoons (4pm to 6pm) at Taylor Tennis (weekly schedule cannot be finalized until the tryout and Team Selection is completed in September 2018)

ALL TM HP PROVINCIAL TEAM PLAYERS MUST MEET THESE REQUIREMENTS:

-MEET THE TM WCSG/CSG PLAYER CRITERIA (TO BE RELEASED IN AUGUST 2018)

-BE IN GOOD STANDING WITH TM

-PROVIDE AN ANNUAL PLAN WITH AN APPROPRIATE COMPETITIVE (TOURNAMENT) SCHEDULE ALIGNED WITH THE LTAD

-VOLUNTEER TIME AS NEEDED TO ANY TM EVENT BENEFITING AND PROMOTING THE TM HP PROVINCIAL TEAM PROGRAM (INCLUDING BUT NOT LIMITED TO THE NATIONAL BANK CHALLENGER)

-MEET THE DEVELOPMENT REQUIREMENTS (COMPETITIVE, TRAINING) OF THE PROVINCIAL COACH ON A DAILY BASIS

TM HP PROVINCIAL TEAM-PLAYERS FEES: \$1000.00 PER PLAYER for the 20 weeks

IMPORTANT DATES:

-APPLICATION DEADLINE: AUGUST 31st, 2018 (email jared@tennismanitoba.com)

-TEAM "A" AND "B" TRYOUT AND PARENT/PLAYER MEETING: SEPTEMBER 2018 (PLAYERS WILL BE NOTIFIED OF THE TRYOUT DATE WHEN THEIR APPLICATION IS ACCEPTED AFTER AUGUST 31ST, 2018)

-TRAINING BEGINS: OCTOBER 2018

****ANY ATHLETE INTERESTED IN REPRESENTING TEAM MANITOBA AT THE 2019 WESTERN CANADA SUMMER GAMES MUST SUBMIT AN APPLICATION FOR THE TM HP PROVINCIAL TEAM****

COACHING TEAM: Jared Connell- Head Coach/Provincial Coach- Director of Tennis Development-Tennis Manitoba- Tennis Canada Coach 4 Candidate(the rest of the coaching staff will be introduced at the tryout in September 2018)

