



## 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](mailto: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](mailto: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)

