



2019 / 2020 TENNIS MANITOBA PROVINCIAL TEAM

In October 2019 Tennis Manitoba will offer a Provincial Team to athletes who are interested in competing at the National Level.

This Provincial Team will provide players with on-court training (developed and led by the Provincial Coach) and strength and conditioning (developed and lead by a Tennis Manitoba contracted trainer). Players will also be expected to play practice matches weekly.

The Tennis Manitoba Provincial Team is for athletes in the U12-U18 junior age categories.

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, 2019**.

- should there be enough interest a TRY-OUT will be held in September 2019 (date, time and location TBA once the application deadline of August 31st, 2019 has passed)

There will be *three* levels of training groups: **Provincial Team "A", Provincial Team "B" and Provincial Team "C"**:

Each of the Provincial Teams will have a *maximum of 8 players*:

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

- players will be given *Tennis Manitoba Provincial Team t-shirts* to wear during all training

- the TM Provincial Team Program will be 20 weeks long, indoors, from October 2019 to April 2020

ALL TM HP PROVINCIAL TEAM PLAYERS MUST MEET THESE REQUIREMENTS:

-BE IN GOOD STANDING WITH TM

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

-**ALL PLAYERS ARE EXPECTED TO ATTEMPT TO QUALIFY FOR JUNIOR INDOOR AND OUTDOOR NATIONALS IN THEIR AGE CATEGORY THROUGH THE TEAM PRAIRIES JUNIOR NATIONALS SELECTION CRITERIA**

-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)

TM PROVINCIAL TEAM-PLAYERS FEES: \$1800.00 PER PLAYER for the 20 weeks

****MUST BE PAID IN FULL BY OCTOBER 1ST, 2019**

IMPORTANT DATES:

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

**-TEAM "A" AND "B" TRYOUT AND PARENT/PLAYER MEETING: SEPTEMBER 2019
(PLAYERS WILL BE NOTIFIED OF THE TRYOUT DATE WHEN THEIR APPLICATION IS ACCEPTED AFTER AUGUST 31ST, 2019)**

-TRAINING BEGINS: OCTOBER 2019

HEAD COACH: JARED CONNELL- PROVINCIAL COACH

