



**2018 SPORT FOR LIFE CANADIAN SUMMIT**  
**Hilton Lac-Leamy Hotel, in Gatineau, QC, Canada**  
**(January 25, 2017)**



**Debbie Kirkwood, Director High Performance/LTAD Lead**



# 1. BACKGROUND

a. Year 12

b. “Working Together”/2 years

c. Our Challenge as a Sport

b. LTAD our “Foundation”

# 2. TENNIS CANADA’S LTAD MODEL



### **3. KEY PROGRAM & PARTNERSHIPS**

- Tennis Development Centre/& Private Club Training Programs**
- Provincial Tennis Associations**
- Regional Training Programs**
- National Training Centre**

### **4. PROGRAM INTEGRATION & REFINEMENTS**

- Club Development Tools**
- Sport Science/Sport Medicine**
- Coach Education and Certification**
- Refinements**

### **5. OUR FIRST GENERATION – HIGHLIGHTS TO DATE**

### **6. Q & A**



# 1a. 12 YRS AGO



# 1b. “Working Together”

## 65+ people/2 years



# 1c. Our Challenge as a Sport



5



→ 35+







**How can one effectively  
manage a High Performance  
Pathway that can span  
30 years or more?**



# 1d. LTAD our “Foundation”



**Completing our LTAD model  
was, one of the most  
consequential initiatives that  
our organization has  
participated in.**



- PARTICIPATION DEVELOPMENT
- **HIGH PERFORMANCE DEVELOPMENT**
- COACH EDUCATION & CERTIFICATION
- SPORT SCIENCE SPORT MEDICINE
- SENIORS TENNIS &
- WHEELCHAIR TENNIS



# 2. TENNIS CANADA'S LTAD MODEL



**Early INITIATION sport (not)  
an early SPECIALIZATION sport**

**Meaning an introduction to racquet  
games must be (one) of the many  
games introduced to children during  
the **FUNdamental** stage of  
development**



# 8 Stages

Insert Tennis Alberta logo

STEWARDS OF THE GAME SINCE 1890 / AU SERVICE DE NOTRE SPORT DEPUIS 1890



1. ACTIVE START
2. FUNdamentals
3. DEVELOPING
4. CONSOLIDATING
5. LEARNING TO PERFORM
6. LEARNING TO BE A PRO
7. LIVING AS A PRO (Milos R/Genie B)
8. ACTIVE FOR LIFE





**Stages 2 to 5 critical for  
long term high performance  
success**

**TENNIS FOR LIFE**

Playing and enjoying tennis for life. Participants with Physical Literacy can transition smoothly to being "Tennis for Life" In addition, there should be a smooth transition from a players competitive career to life-long physical activity and participation in tennis

OBJECTIVE	LTAD STAGE	AGES	KEY PROGRAMS
Podium Performances	LIVING AS A PRO	24+ 22+	Professional Tennis
Putting it all together	LEARNING TO BE A PRO	19-23 17-21	Professional Tennis
Beginning to put it all together!	LEARNING TO PERFORM	16-18 15-16	Full time National Training Centre
Setting the foundation for the pursuit of excellence.	CONSOLIDATING	13-15 12-14	NJTP BC, AB, ONT, QC PTAs, Clubs & Coaches
Becoming a well-rounded athlete and building the full court tennis skills required to be a player.	DEVELOPING	9-12 8-11	NJTP BC, AB,, ONT, QC PTAs, Clubs & Coaches
Learning the FUNdamentals and having fun through progressive tennis and other sports	FUNDAMENTALS	5-9 5-8	PTAs Clubs & Coaches
Starting it off right!!	ACTIVE START	0-5	Clubs, Coaches & Parents





## 3. KEY PROGRAMS

- Tennis Development Centres/Private (45)  
Coaching Programs**
  
- Provincial Tennis Associations**
- Regional Training Programs (4)**
- Full-time National Training Centre**

# Montreal National Training Centre



**Montreal National Training Centre**  
Many of Canada's top players (aged 15-18) live, train and attend school full time here with a goal of becoming a Top 50 WTA/ATP ranked professional



## Regional Training Centre Vancouver

Daily and weekend training program for many of the regions best U15 players (working in partnership with clubs)

## Regional Training Centre Calgary (Sept 2017)

A regional regrouping program that includes many of the provinces best U15 players (working in partnership with clubs). Objective evolve to weekly program in 2019

## Regional Training Centre Toronto

Daily and weekend training program for many of the regions best U15 players (working in partnership with clubs)

## Regional Training Centre Montreal

Daily and weekend training program for many of the regions best U15 players (working in partnership with clubs)

## Regional Training Centre Halifax (2019)

A regional regrouping program that includes many of the provinces best U15 players (working in partnership with clubs). Goal to evolve to weekly program in 2020.



## High Performance Tennis Development Centres and or Private Coaching Program

The foundation of Canada's high performance program. Facilities and coaches that help to recruit, identify and develop Canada's next generation of national and international level players



## 4. System Integration & Refinements

- Club Development Tools
- Sport Science & Sport Medicine
- Coach Education
- Refinements











## 13 + PLAYER EVALUATION (consolidating stage)

PLAYER'S NAME:		CLUB:	
E-MAIL:		PHONE:	
GENDER: <input type="text" value="select"/>	BIRTHDAY: MONTH <input type="text" value="select"/>	YEAR <input type="text" value="select"/>	
PLAYING HAND: <input type="text" value="select"/>	BACKHAND: <input type="text" value="select"/>	PROGRAM:	
COACH'S NAME:			
E-MAIL:		PHONE:	

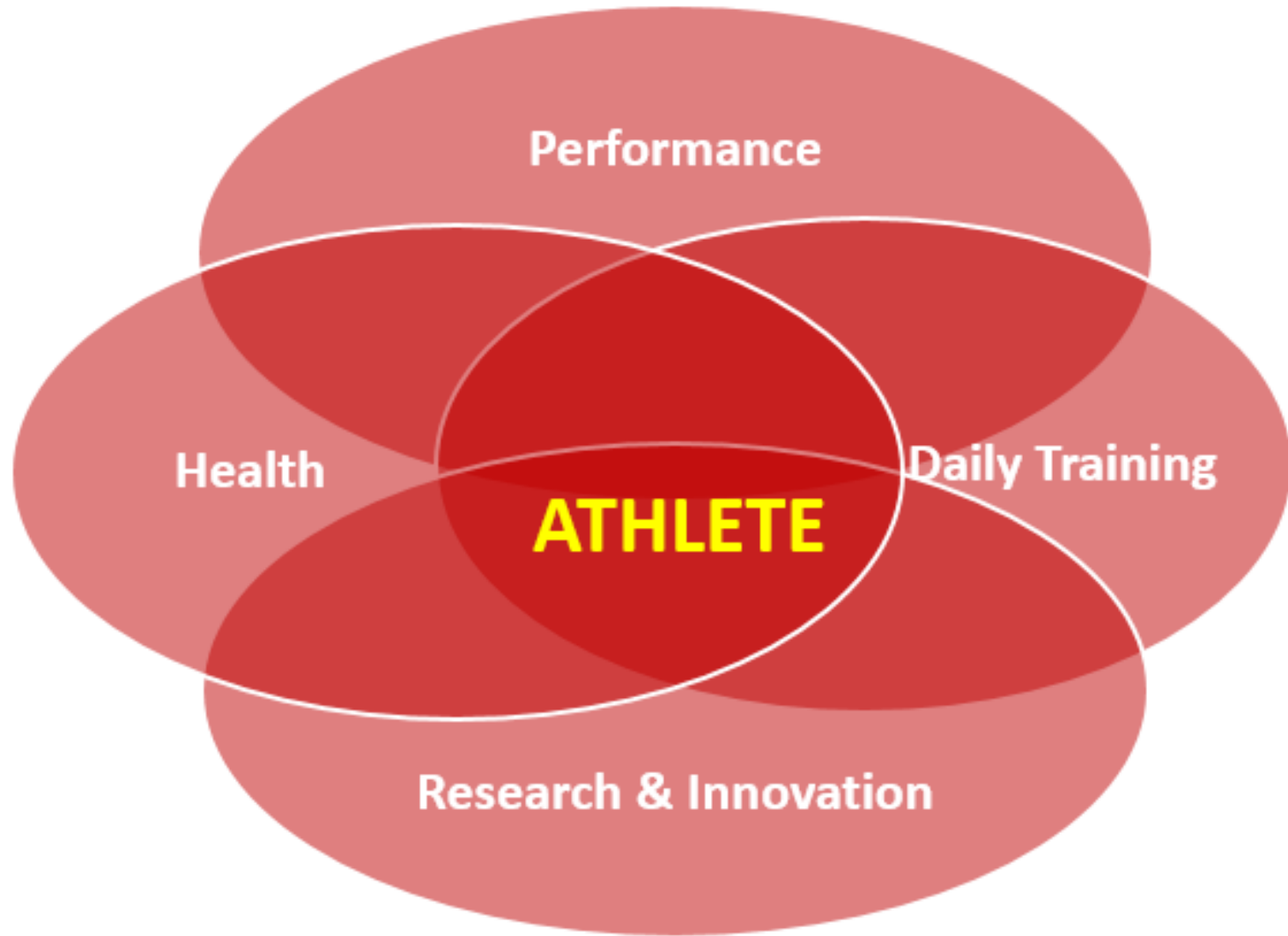
How to use this evaluation

### TACTICAL

**Note:** During this stage, the player will consolidate their gamestyle. The use of power becomes much more pronounced in overall tactics and when executing all strokes as players begin to go through puberty.

Overall	1	2	3
Ability to sustain high tempo (receive and send) 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to play percentage tennis, playing the right shot at the right time (rally, attack, defend, counter-attack) 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to combine strengths of their game to gain a competitive advantage 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to start the point effectively combining the serve or return with the next shot (serve + 1, return +1) in order to take control of the point 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aware of their opponents' strengths, weaknesses and tendencies and how to neutralize and exploit them. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anticipation and the related movement from a tactical perspective (tendencies, percentages) 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BOYS: 1-2 weapons/shots emerge (i.e. dominating FH, Serve) 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BOYS: Ability to execute 3 shot sequences/combinations around their weapons. (i.e. extremely high level of consistency, great countering ability, exceptional shot variety). 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Sport Science/Sport Medicine





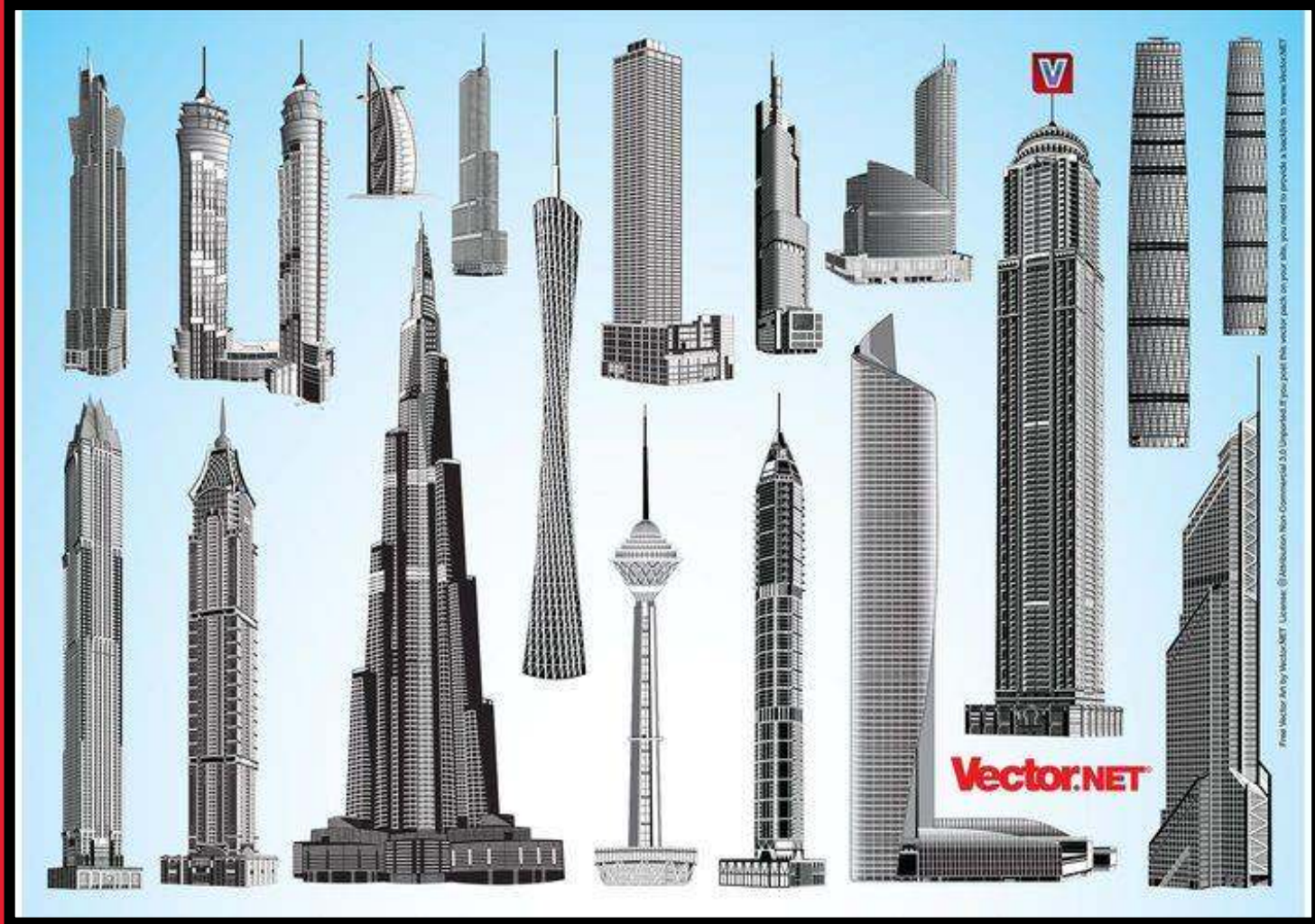
**Our database platform dubbed (M.A.T.C.H.) organizes each player in our HP system by their LTAD stage of development; & for example, automatically tracks/displays the associated number of events & number of matches played weekly.**



# Coaching Certification



# Refinements





**5. OUR FIRST GENERATION  
currently in Stage 6  
(Learning to be a Professional)**



## Denis Shapovalov (b - Dev)

- #49 ATP
- CP Male athlete of the Year
- ATP Star of Tomorrow
- Most Improved Player ATP Tour
- #1 1999 born player in the world



## Felix Auger- Aliassime (b – FUNdamentals)

- #153 ATP
- #1 2000 born player in the world





## Bianca Andreescu (b – Dev)

- #143 WTA
- #2 ranked 2000 born player in the world



## Francoise Abanda (b – Dev)

- #111 WTA
- qualified for two Grand Slam events in 2017





- **10 Junior Grand Slam Champions (singles & doubles)**
- **Jr. Davis Cup Champions (#1 U16 Team in the World)**
- **Jr. Fed Cup (#3 U16 Team in the World)**
- **6 Top 5 (U18) world ranked juniors (#2, #2, #3, #4, #4, #4)**





## CONCLUSION

- Our LTAD model has been, & is, **INTREGAL** to our HP development pathway
- For HP success, total Organizational & Sport Pathway Integration – is **CRUTIAL**
- Continued Reinforcement/Education Communication, is **ESSENTIAL**

# CONCLUSION





# THANK YOU!



<https://globalnews.ca/video/rd/1141747267960/>



# Q & A

