



GOAL C3

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Course Information guide

# ***WHAT IS THE COACH 2 COURSE?***



The Coach 3 course (NCCP Context: Competition Development) is the third level of the Tennis Canada's "Competition Stream – Performance Coaching" certification stream, focusing on the LTAD Stage 4 "Consolidating".

This performance coaching course is suitable for coaches who demonstrate the highest qualities of teamwork, passion, integrity, innovation, excellent and accountability, currently working with players competing at the national and early stages of the international circuit.

Role in Industry: Coach at an Academy or Junior Development Program, Leadership Position in Academy, Personal and Travelling Coach for National or International competition, Provincial Coach at Nationals, Canada Games Coach.

**All candidates must be working year-round  
with national level competitive players**



# ***WHAT IS THE MAJOR FOCUS OF THE COURSE?***

The major focus of Coach 3 is to ensure that the coach has the on-court competencies (tactical, technical, physical, and psychological), and off-court leadership skills to lead a program, team, or player, helping the player developing the skills required to compete at the international level. The priority is to develop competitive players while increasing the “pipeline” of players in Canada with international standards. The coach will be capable of creating a culture of excellence while possessing the attention to detail, maintaining great habits, and pushing the player’s limit to consolidate the player’s identity. The coach will develop a stronger sense of ownership over their own mission, vision, and values.

# ***WHAT WILL I LEARN?***

In this course you will gain knowledge and competencies on:

- **Ethical Coaching and Safeguarding**
- **Coaching the player in practice, developing an attitude of excellence**
- **Periodization planning according to athletes LTAD stage**
- **Creating player priorities according to international competencies evaluation**
- **Coaching at Competition**
- **Manage a Program**
- **Problem Solving**
- **Leadership Skills**

# ***HOW WILL I BE EVALUATED?***

The following will summarize the various evaluations which will be used to determine certification for the Coach 2 Course. (Note: Specific topics for each evaluation will come from the LTAD consolidating stage). These will consist of:

## **Live On-Court Evaluations**

1. Competitive playing test
2. Challenging your player to perform under adversity (pressure, focus, compete)
3. Private lesson with a technical focus (biomechanical principals)
4. Training Effective Tactical Shot Variations (decision making using anticipation, disguise, and external information)

## **Live Written Evaluations**

Various throughout the course which will cover reading assignments and other work covered during course.

## **Video Coaching Evaluations**

1. Tennis Specific
2. Physical Development Specific

## **Written Assignment/Workbook**

Pre-Course Assignments In Course Workbook (ex: reading reports, reflections...)

## **Main Course Project Evaluation**

1. Identify your player's priorities
2. Introduce and improve the skill
3. Provide repetition including variability to enhance the skill
4. Lean to own the skill
5. Implement into match play

***Note:** \*Please note that other assignments and evaluations may be added at the discretion of the Coach Developers in order to help ensure that course competencies are met. \*You will review and sign a Commitment to Excellence letter verifying your understanding of what will be required to complete the course.*

Candidates must achieve a “meet standards” rating on all the evaluations and assignments to be certified. If candidates achieve an “incomplete or below standards” rating on any evaluations or assignments, they must re-take that evaluation or redo the assignment. The timing of those evaluations and due dates for all assignments will be clearly established and identified during the course.

After the final date of the course, any candidate who “does not meet standards” on more than 1 evaluation or assignment will be required to retake the course. For those who only have 1 evaluation that does not “meet standards” they will have a limited time (determined by the Course leader) to retake, only once, the outstanding evaluation and successfully “meet standards”.

## ***WHAT ARE THE REQUIRED COURSE MATERIALS AND RESOURCES?***

1. Coaches must have access to a video camera, wireless microphone, tripod, and the ability to transfer video to a computer.
2. Coaches must be able to produce documents electronically (WORD and PDF).
3. In addition to the two players in #6, coaches must have junior players (age appropriate) accessible for the implementation of Tennis Assignments.

## ***WHO WILL LEAD THE COURSE?***

The course will be led by Tennis Canada Consultant of High-Performance Coaching – Sarah Kadi along with the team of Coach Developers. The course will also include involvement of Tennis Canada Sport Science Experts.

# ***WHAT ARE THE COURSE PREREQUISITES?***

1. Minimum certification requirement:  
Coach 2 or recognition of coaching competence  
  
*Note: If new to Canada, coach must provide proof of equivalent certification from ITF recognized tennis federation for acceptance by Tennis Canada and have worked for a minimum of 2 years with performance athletes at the appropriate LTAD stage.*
2. Minimum age: 21 years
3. Minimum level of play: 5.5
4. Coaches must be able to feed at an advanced level and demonstrate advanced skills as required to work with a top National junior player.
5. Be an Active TPA member
6. Coaches must have two players at the consolidating stage that they would work with primarily for the duration of the course. You are ultimately responsible for their overall development and coach both on a weekly basis (i.e., in group and private training; support in competitive environments). These players will be used for your portfolio assignments.
7. If not already done so, coaches must complete the NCCP Make Ethical Decision Competition - Development online evaluation prior to the first regrouping of the course.



## ***WHAT IS A TYPICAL COURSE SCHEDULE STRUCTURE?***

The course will be 25 days of course work which is made up of 4 regroupings including webinar and in person regroupings, over a 1-year period. 100% mandatory attendance of all regroupings (webinar and in person) is required for this course. The Coach 3 course is given every second year.

Your commitment to the course involves making sure you are free for the webinars, in person regrouping days as well as the travel time required to attend. It may also require the cooperation and permission of your manager/leader as there is significant time away from your club or academy environment. In addition, there will be a good number of hours with a variety of home assignments between regroupings which includes items such as reading, portfolio work, research, videotaping of athletes, evaluation preparation, etc.

## ***WHERE WILL THE COURSE TAKE PLACE?***

The course will take place at Aviva Centra, York University – 1 Shoreham Drive, Toronto, Ontario M3N 3A6 OR IGA Stadium – 285 rue Gary-Carter, Montreal, Quebec, H2R 2W1.

***Note:** If we have a sufficient number of registration/participants from Alberta and British Columbia, we will consider hosting 2 provincial regroupings on the West Coast.*

## ***HOW MUCH DOES THE COURSE COST?***

Cost of the program (must be a TPA member in good standing): \$2,260.00 plus HST. Half of the payment (\$1,130.00 + HST) will be required when the coach is accepted into the course to confirm his/her place in the course. The other half (\$1,130.00 + HST) will be processed on the first day of the first in-person regrouping.

***Note:** A fixed travel subsidy is offered to the candidates outside of Ontario and Quebec. All candidates must organize their own accommodation. Some local hotels will offer special rates.*

# ***WHO CAN APPLY FOR TRAVEL SUBSIDIES?***

1. Coaching candidates who are involved with a TDC (15 hours minimum a week of involvement) or head coach of a national-ranked players (15 hours minimum a week of involvement).
2. Former top-ranked Canadian players (Top-8 nationally ranked Under-18 juniors and/or top-20 open category players).



# 2023 SCHEDULE

<b>Regrouping #1 (Stade IGA)</b>	<b>4.5 days</b>	Wed. to Sun. February 15 - 19, 2023 8:30 am - 4:30 pm	Ending noon on Sunday
<b>Webinar #1</b>	<b>2 Days</b>	Tue. to Wed. April 18 - April 19, 2023 10:00 am - 12:00 pm 1:00 pm - 3:00 pm	
<b>Regrouping #2 (Aviva Centre)</b>	<b>4.5 Days</b>	Wed. to Sun. April 26 - 30, 2023 8:30 am - 4:30 pm	Ending noon on Sunday
<b>Webinar #2</b>	<b>2 Days</b>	Tue. to Wed. June 21 - 22, 2023 10:00 am - 12:00 pm 1:00 pm - 3:00 pm	
<b>Webinar #3</b>	<b>1 Day</b>	Tue. August 15, 2023 10:00 am - 12:00 pm 1:00 pm - 3:00 pm	
<b>Regrouping #3 (Stade IGA)</b>	<b>4.5 Days</b>	Wed. to Sun. August 23 – 27, 2023 8:30 am - 4:30 pm	Ending noon on Sunday
<b>Webinar #4</b>	<b>2 Days</b>	Tue. to Wed. October 23 - 24, 2023 10:00 am - 12:00 pm 1:00 pm - 3:00 pm	
<b>Regrouping #4 (Aviva Centre)</b>	<b>4.5 Days</b>	Wed. to Sun. November 1 – 5, 2023 8:30 am - 4:30 pm	Ending noon on Sunday



## ***HOW WILL SELECTION OF COURSE PARTICIPANTS BE DETERMINED?***

All coaches applying for the Coach 3 course must be Active TPA members. Selection of course participants will be based on the Coach 2 coaching course performance, involvement in coaching, coaching experience/results and on past and current playing level.



## ***HOW DO I REGISTER FOR THE COURSE?***

1. Contact **Marie-France Mercier** at Tennis Canada by email at: **[mfmercier@tenniscanada.com](mailto:mfmercier@tenniscanada.com)** for the Application Form.
2. Coaches and former players applying for an acceleration are required to send in the following with their application form:
  - A one-page letter expressing personal coaching goals
  - Letter of reference from employee
  - A testimonial from a parent of a ranked player who the candidate is coaching regularly (minimum 6 months) – coaches only
  - Letter of approval from the applicant's Provincial Association



## ***WHO DO I CONTACT FOR MORE INFORMATION?***

Please contact **Marie-France Mercier** by email at **[mfmercier@tenniscanada.com](mailto:mfmercier@tenniscanada.com)**.

