

LIVING AS A PROFESSIONAL

Ages: Women {22+ Years Old}, Men {24+ Years Old}

PEAK PERFORMANCE

At this stage the full-time athlete is committed to tennis and producing consistent performances on demand. All aspects of the player's life are centred on being well prepared for practice and major events. The challenge in this stage is keeping variety in the training to ensure that the athlete continues to be interested and enthusiastic about all aspects of tennis. While the primary focus for athletes reaching this stage is peak performance, there are other life activities that may enhance the athlete's performance or could distract the athlete. These life activities may include marriage, having a family, financial distractions, or dealing with aging parents. These issues may be considered when developing the training and competition schedule.

General Objectives

- ? Consolidate all objectives from the ?Learning to be a Professional? stage.
- ? Further develop and refine technical skills.
- ? Implement their game style integrating learned skills in high intensity competitive situations.
- ? Gain all advantages by continuing to improve flexibility, speed, strength and aerobic endurance ? in all the physical skills.
- ? Refine the daily implementation of sport medicine and science knowledge e.g. nutrition, strength and conditioning, sport psychology,
exercise physiology based on current results of monitoring and evaluation.

- ? Effectively manage with the challenges of different competitive situations (surfaces, altitude, game styles, wind).
- ? Implement psychological routines to produce the ideal performance state.
- ? Maintain a positive lifestyle: no tobacco, no alcohol, no drugs.
- ? Ensure use of pre-habilitation routines and recovery techniques to maximize overall performance.

Guiding Principles for Players, Coaches and Significant Others

- ? The development of an individualized annual plan is essential.
- ? The athlete should be a responsible and autonomous player being accountable for his/her performances.
- ? With results becoming more important, it is essential that athletes continue to focus on performance goals in competition.
- ? A consistent individualized quality daily training program is essential. This program must take into account international standards, the athlete's present abilities and the player's long term goals.
- ? With the training and competition environment becoming more complex and intense, the player must manage distractions to ensure solid performances.

Components to Focus On

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| WOMEN | PSYCHOLOGICAL | PHYSICAL | TACTICAL | TECHNICAL |
|--------------|----------------------|-----------------|-----------------|------------------|

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| <p>22+ Years Old</p> | <p>? Ensuring that they have the mental skills to deliver at this level. ? Ability to implement those routines required to have an ideal performance state. ? Have the mental skills required to handle competitive stress at this level. ? Ensuring that there is a good team available to them (e.g. strength and conditioning coach, agent, travelling coach, physiotherapist, psychologist,</p> | <p><u>Priority 1:</u> <u>Strength</u> ? To maintain or further develop the strength qualities, especially explosive-strength and explosive-strength endurance. <u>Pre-habilitation</u> ? To prevent injuries (S.A.M. principle) ? To strengthen deep muscles <u>Priority 2:</u> <u>Speed and Agility</u> ? To move and run fast in specific situations. ? To master multi- directional movements. ? To have the capacity to accelerate, decelerate and change direction quickly. ? Specific arm speed (serves and strokes). <u>Endurance</u> To be able to achieve: ? Level 12?30?? (L?ger) ? 3?20?? (1000m) ? 1?05?? (400m) ? Capacity to play 4 sets</p> | <p>? Must continue to evolve their game and bring it to a new level through added variety or improved offensive skills</p> | <p>? The technical skills worked on at this stage must effectively support the outlined tactical priorities. Some key fundamentals include: ? Continued small technical refinements are evident as players continue to develop.</p> |
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| | <p>financial planner). ? Displaying a complete commitment and focus on their tennis performance.</p> | <p><u>Priority 3:</u> <u>Coordination skills</u> ? To take advantage of the physical qualities on court (transfer from general to specific). <u>Flexibility</u> ? To master the stretching techniques with an emphasis on shoulders and hips. ? Lower and upper body dissociation.</p> <p><u>Note: Complex and harmonious blend of physical preparation and tennis refinement-improvement.</u></p> | | |
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| MEN | PSYCHOLOGICAL | PHYSICAL | TACTICAL | TECHNICAL |
|------------------------------|--|--|--|--|
| <p>24+ Years Old</p> | <p>? Ensuring that there is a good team available to them (strength and conditioning coach, agent, travelling coach, physiotherapist, psychologist, financial planning). ? Ensuring appropriate annual planning and recovery and</p> | <p><u>Priority 1:</u> <u>Strength</u> ? To maintain or further develop the strength qualities, especially explosive-strength and explosive-strength endurance. <u>Pre-habilitation</u></p> | <p>? Must continue to evolve their game and bring it to a new level through added variety or improved offensive skills</p> | <p>? The technical skills worked on at this stage must effectively support the outlined tactical priorities. Some key fundamentals include: ? Continued small</p> |

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| | <p>regeneration in order to maintain motivation and the mental fitness to compete and train.</p> <p>? Displaying an ability to deal with adversity and injury.</p> <p>? Ensuring that they have the mental skills ?to deliver?.</p> <p>? Displaying a complete commitment and focus on their tennis performance.</p> | <p>? To prevent injuries (S.A.M. principle)</p> <p>? To strengthen deep muscles</p> <p><u>Priority 2:</u></p> <p><u>Speed and Agility</u></p> <p>? To move and run fast in specific situations.</p> <p>? To master multi- directional movements.</p> <p>? To have the capacity to accelerate, decelerate and change direction quickly.</p> <p>? Specific arm speed (serves and strokes).</p> <p><u>Endurance</u></p> <p>To be able to achieve:</p> <p>? Level 12?30?? (L?ger)</p> <p>? 3?20?? (1000m)</p> <p>? 1?05?? (400m)</p> <p>? Capacity to play 4 sets</p> <p><u>Priority 3:</u></p> <p><u>Coordination skills</u></p> | | <p>technical refinements are evident as players continue to develop.</p> |
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| | | <p>? To take advantage of the physical qualities on court (transfer from general to specific).</p> <p><u>Flexibility</u></p> <p>? To master the stretching techniques with an emphasis on shoulders and hips.</p> <p>? Lower and upper body dissociation.</p> <p><u>Note: Complex and harmonious blend of physical preparation and tennis refinement-improvement.</u></p> | | |
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TRAINING/COMPETITION GUIDELINES ? WOMEN

| AGE | COMPETITION | | | | TRAINING | | | | Rest and Regeneration weeks per year |
|-----|-------------|---------------------------|-----------------------|---------|----------------------|---|----------------------------|--|--------------------------------------|
| | # of Peaks | # of tournaments per year | # of matches per year | | Types of Competition | Physical Training (At the end of stage) | Tennis Training [hrs/week] | Other Matches (practices/Leagues, etc.)/yr | |
| | | | Singles | Doubles | | | | | |

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| 22+ | up to 6 (4 Grand Slams + Fed Cup) | 22-26 | 66-78 3:1 win-loss ratio | 44-56 | WTA Tour Grand Slams Fed Cup Olympics | 6**-10* | 22 | N/A | 24 | 4-6 weeks |
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*** When physical is the priority ** When tennis is the priority**

TRAINING/COMPETITION GUIDELINES ? MEN

| AGE S | COMPETITION | | | | | TRAINING | | | | Rest and Regeneration weeks per year |
|------------|------------------|---------------------------|-----------------------|---------|--|---|----------------------------|--|-----------------------|--------------------------------------|
| | # of Peaks | # of tournaments per year | # of matches per year | | Types of Competition | Physical Training (At the end of stage) | Tennis Training [hrs/week] | Other Matches (practices/Leagues, etc.)/yr | Total # of hours/week | |
| | | | Singles | Doubles | | | | | | |
| 24+ | up to 6 (4 Grand | 20-25 | 40-50 (2:1 ratio) | 50 | ATP Tour Davis Cup Olympics | 6**-10* | 18-20 | N/A | 24 | 5-6 weeks |

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| Slams + Davis Cup) | | | | | | | | | | |
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*** When physical is the priority ** When tennis is the priority**

The mission of the player ...

- ? Be a 24/7 athlete and therefore, be 100% at training and competition.
- ? Manage any distractions that may interfere with training, competition and recovery.
- ? Communicate with coach on training, competition and recovery issues.
- ? Be an ambassador of your provincial/national associations and the sport of tennis while in Canada and abroad.
- ? Include variety/balance in your life during downtime, such as pursuing a hobby and keeping in touch with friends.
- ? As a professional player, who represents Tennis Canada, it is important that you become aware of your responsibilities with respect to community, corporate and media affairs and look to extend your services in these areas services whenever possible.

The mission of the coach ...

- ? Model all aspects of training and performance to help the athlete reach the podium at major international events.
- ? Pursue professional development that includes new learning about technical, tactical, recovery and competition preparation information and appropriate training for the ?living as a professional? stage.

The mission of the parents ...

? Encourage your son/daughter to have outside interests to maintain a balanced lifestyle.

? Assist your son/daughter in planning for a post-tennis life including financial and career planning.