

APPLICATION FOR CANDIDATES



**HIGH PERFORMANCE
COACHING PROGRAM
2020**



DEAR COACH:

The following pages contain information regarding the USTA High Performance Coaching Program (and an application form).

Tennis has experienced an enormous worldwide increase in competition at the junior and professional levels during the last 20 years. This increase has coincided with a dramatic growth in the application of systematic and scientific approaches to find the most effective and efficient training methods for maximizing a player's potential. All indications are that as the use of scientifically based training systems increase, the growth in the amount of coaching information available to coaches will also continue to increase. The USTA High Performance Coaching Program will provide coaches with a proven framework and methodology with which they can filter and organize that information.

USTA Player Development established a Coaching Education Department to provide coaches throughout the country with a Teaching and Coaching Philosophy and methodology that will enhance their teaching and training efforts, and provide them with a vehicle for transmitting their knowledge to today's junior players and tomorrow's Champions. The USTA High Performance Coaching Program was created to provide direct and indirect Coaching Education opportunities to coaches working with players who are striving for excellence in tennis (i.e., nationally ranked junior players to top collegiate and young professionals). The USTA Coaching Education Department established the educational component in cooperation with the United States Professional Tennis Association (USPTA) and the Professional Tennis Registry (PTR).

This workshop will present you with a framework for teaching and training High Performance junior players that is based on our USTA Player Development Teaching and Coaching Philosophy. We realize that every coach brings unique experience and coaching styles to bear in their teaching and coaching. However, this Philosophy and methodology will help our best American coaches align their teaching and training with a unified approach to progressive parameter-based teaching and training with a shared terminology that will allow us provide a consistent message to our junior players.

Sincerely,

A handwritten signature in dark ink, appearing to read "Paul Lubbers".

Paul Lubbers, PhD
Sr. Director, Coaching Education & Sport Science
USTA Player Development Incorporated

UNITED STATES TENNIS ASSOCIATION HIGH PERFORMANCE COACHING PROGRAM



MISSION STATEMENT

The USTA Coaching Education Department is committed to offering coaches the highest quality coaching education in the world through participation in the USTA High Performance Coaching Program.

USTA PLAYER DEVELOPMENT PHILOSOPHY OF COACHING

The USTA Coaching Education Department and USTA Player Development adheres to a Teaching and Coaching Philosophy that encompasses the entire continuum of Player Development and is applicable to athletes at all stages of development. The foundation of the Philosophy is the belief that coaches should teach and develop the fundamental skills that enable the player to have the most complete game possible. At a young age, the focus should be to develop the correct fundamentals for future success. As the player develops within acceptable parameters, the progressive nature of the teaching and training challenges the player to apply the fundamental skills in a more dynamic environment where movement, decision making and shot selection can be assimilated. This parameter-based, progressive teaching and coaching methodology spans the player's years of development and is based on the underpinnings of motor learning and athletic movement where gross motor skills, agility, balance and coordination are learned in an open play environment and then tennis-specific skills are refined in a closed environment where precise repetition and deliberate practice is necessary and once again tested in an open play-based environment. USTAPD ascribes to this open - closed - open model of learning and recent studies on how neural pathways are established in the brain reinforces the importance of deliberate practice. Based on this model, new skill teaching occurs in a very controlled environment (drills), while training of existing skills is done in a more open environment (deliberate practice) and competitive training (point play and match play) is done in an open environment.

COACH SELECTION

The USTA Coaching Education Department staff will select coaches for admission into the program. A committee comprised of the USTA Coaching Education department, as well as a USPTA and a PTR representative, will assure the stated selection philosophy is being met and will review the selection process. In selecting coaches for the program, the USTA Coaching Education Department will be fair and equitable in choosing the most qualified applicants who possess the qualifications listed below. The coaches' playing background will be taken into account. Consideration will also be given to coaches from diverse ethnic and socioeconomic groups as well as geographical location. As the program grows, the USTA Coaching Education Department will continually review the selection philosophy and qualifications to ensure that the program meets its goals.

UNITED STATES TENNIS ASSOCIATION HIGH PERFORMANCE COACHING PROGRAM



QUALIFICATIONS

1. Coaching in United States. Each applicant must reside and actively coach in the United States.
2. United States Tennis Association Membership. Each applicant must be a current member of the United States Tennis Association.
3. Certified. USPTA Professional and/or PTR Professional level.
4. Coaching Experience. At least 5 years of experience coaching high performance players.
5. Sectionally Ranked Players. Currently directing a program with and/or currently serving as the primary coach of a specified number of sectionally ranked players.
6. Nationally Ranked Players. Currently directing a program and/or currently serving as the primary coach of a specified number of nationally ranked players.
7. Coach of Successful Players. Has coached players who have gone on to play at all levels of the game, including collegiate and professional tennis.
8. Active High Performance Coach. Is actively coaching high performance players.
9. Introduction to Sports Science Course. Has successfully completed this test. You can access the test at learn.usta.com.

EDUCATION AND TESTING

After successfully completing the High Performance Coaching Program, coaches will receive their certificate of completion from the PTR and/or the USPTA.

COST OF PROGRAM

The United States Tennis Association will cover all of the expenses associated with the High Performance Coaching Program with the exception of the following costs (for which coaches will be responsible):

- Upon acceptance into the program there is a non-refundable \$250 fee for study guides, books and other resources required for the program.
- Transportation to and from the 4-day interactive program.
- Lodging and meals during the 4-day interactive program. (Note: The USTA will arrange special rates at a local hotel. Coaches are not required to stay at the hotel offered.)

PROGRAM DATES FOR 2020



| 2020 DATES | LOCATION | DEADLINE | NUMBER OF COACHES |
|---------------------|-------------|-------------------|-------------------|
| JANUARY 22-26, 2020 | ORLANDO, FL | NOVEMBER 22, 2019 | 20 |
| MAY 6-10, 2020 | ORLANDO, FL | MARCH 13, 2020 | 20 |
| JULY 22-26, 2020 | CARSON, CA | MAY 15, 2020 | 20 |



—APPLICATION FORM— USTA HIGH PERFORMANCE COACHING PROGRAM



Please print clearly in the blanks below. If you have any questions regarding the application, please contact Katelyn Stokes at 407-756-8361. Return the application to either **katelyn.stokes@usta.com** or fax 914-696-4388 or mailed to the below address:

**USTA Coaching Education Department
High Performance Coaching Program
10200 USTA Blvd.
Orlando, FL 32827**

PERSONAL INFORMATION

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Telephone: (____) _____ Evening Telephone: (____) _____

Mobile: (____) _____ E-mail: _____

Program date which you
are applying for acceptance:

JANUARY 22-26, 2020 ORLANDO, FL

MAY 6-10, 2020 ORLANDO, FL

JULY 22-26, 2020 CARSON, CA

COACHING QUALIFICATIONS

Current Coaching Certification: USPTA (P1)*

Date Obtained: _____

PTR (Professional)*

Date Obtained: _____

Introduction to Sports Science Course

Date Obtained: _____

** Must attach a copy of current certification card*

The USTA Coaching Education Department will contact the PTR and/or the USPTA to verify your status and rating.

Please list any other Professional Certifications or designations received (including dates).

—APPLICATION FORM— USTA HIGH PERFORMANCE COACHING PROGRAM



COACHING EXPERIENCE

Please list your tennis-related employment history.

| Employer name and Address | Your Job Title and Duties | Dates of Employment |
|---------------------------|---------------------------|---------------------|
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List any other coaching experiences you consider relevant to the application procedure.

Briefly, comment on your present coaching activities (e.g., type of tennis program and number of players you are currently coaching, etc.).

—APPLICATION FORM— USTA HIGH PERFORMANCE COACHING PROGRAM



Please list the players you have coached (as a primary coach) who possessed either sectional or national rankings. If the list exceeds 20 players, please list the players with the highest rankings.

| Player's Name | Rankings Sec/Nat | UTR | Age | Dates Coached | Frequency of Coaching |
|---------------|---------------------|-----|-----|------------------|--------------------------|
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Playing Background

Give details of your past playing experience. This can include information and rankings related to junior, college and professional play.

REFERENCES



Please include two professionally-related references.

REFERENCE 1

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Evening Phone: _____

E-mail: _____

REFERENCE 2

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Evening Phone: _____

E-mail: _____